

## Joints

Your bones provide structure for your body, allowing it to move in a variety of ways.

Bones meet up in many different places in the body to form joints.

Anywhere you can bend your body, one or more joints are at work.

For example, when you write, your hand relies on the joints between the many small bones in your hand and wrist to work together.

There are many joints in the fingers of just one hand!

When you walk or run, joints in your hips, knees, ankles, and feet are all at work.

Which types of joints are involved in sitting down?

Joints in the ankles, knees, hips, and back are all necessary to move into a sitting position.

As we age, our joints weaken, slowing down our movements.

Regular exercise and a healthy diet ...

can help to keep the muscles around joints strong to avoid injuries.

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