

Article: Physical Health—musculoskeletal

Content notes:

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AUDIENCE	Australians of all ages looking to understand arthritis, recognise symptoms and take practical steps to manage their condition.
COMMUNICATION OPPORTUNITIES	White-label content positioning arthritis as a manageable condition, empowering members to take a proactive approach to joint health through self-care, exercise and professional support.
MESSAGE	Arthritis is common and doesn't just affect older people, but with the right approach to self-care, exercise, diet and stress management, you can live well with it.
INSIGHTS	In Australia, 1 in 6 people have arthritis, and two out of three people with the condition are between 15 and 60 years old.
ASSOCIATED ASSET/S	Arthritis Australia website, TAL Health Connector.
CTA	Speak to your GP about developing a plan to manage your condition or find support through the TAL Health Connector.
REVIEW DATE	May 2026

5 tips for living well with arthritis

Taking a proactive approach to understanding your condition and the steps you can take to alleviate symptoms can greatly contribute to living well with arthritis. Your doctor can help you to develop a plan to manage your condition and connect you with a support network. If you’d like to know more, our life insurance partner TAL, has provided some useful guidance on the steps you can take to help manage your condition.

In Australia, 1 in 6 people have arthritis.¹ Many people think that arthritis occurs in older people, however two out of three people with arthritis are between 15 and 60 years old.²

Arthritis is the name for a group of conditions that affect the joints. It can affect people in different ways, but the most common symptoms are pain, swelling and stiffness of joints. There are many different types of arthritis and some forms can involve other parts of your body too.

Because arthritis affects people in different ways, it’s important to work with your healthcare team to find treatments that suit you. The good news is that there are things you can do to live well with arthritis.

1. Focus on self-care

¹ Arthritis Australia. *Understanding arthritis*. 2024

² Arthritis Australia. *Understanding arthritis*. 2024

A focus on self-care should be an integral part of daily life. It involves taking responsibility for your own health and wellbeing with support from those involved in your care. It includes what you do every day to stay fit and maintain your best possible state of physical and mental health and prevent illness or accidents.

2. Be aware of the warning signs

Thanks to early treatment, inflammation due to arthritis affecting other parts of the body is becoming less common. However, if left untreated arthritis can cause complications. It's important to be aware of these potential complications and speak with your doctor or rheumatologist if your symptoms change.

3. Stay active

Exercising regularly can help relieve stress, keep your joints mobile and strengthen the muscles supporting your joints. Exercise can also help you lose weight if you're overweight, which can put extra strain on your joints.

However, it's important to strike a balance between rest and exercise. Rest will make inflamed joints feel more comfortable, but without movement your joints will stiffen and your muscles will become weaker. It's important to find out the best activities and the right balance for you. A physiotherapist or exercise physiologist will be able to help.

4. Eat well

There is very little evidence that particular foods are good or bad for people with arthritis and there is certainly no diet proven to 'cure' it. Eating a balanced diet that is low in saturated fat, sugar and salt, but high in fruit, vegetables and cereals is good for most people. This can help you lose weight (if required), which may reduce the strain on your joints.

5. Manage stress

Living with the pain, stiffness and fatigue of arthritis, as well as side effects of your medication, can be stressful. Share your thoughts and feelings with others when opportunities arise. When you share your concerns or feelings with another person, it can help to relieve stress. But it's important that the person you talk to is someone that you trust and who you feel can understand and validate your thoughts and feelings whether it's a friend, family member or healthcare professional.

You can find more information on living well with arthritis on the [Arthritis Australia](#) website. If you're feeling overwhelmed, or unsure where to begin, speak to your GP or find support through the [TAL Health Connector](#).

DISCLAIMER [please add to your post]

(Fund to insert any disclaimer)

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