

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Arthritis

W P F T E I D Y R O T A M M A L F N I I T N A C  
W S V H P Q E L Y B E I E L E I I T K D P M K Q  
E M Y A S Y U A Q G Z G F F W B C P J C H L W K  
F S V N N V F P M A A J O Z P B Y O A J P F R V  
R F N Q O E K H C L P K N Y J U E A M I B I I S  
U J J B P V K G I K G Q P O L G D X Q I N E T I  
I L E Y X T I T H X O G R N W C N A C W X F F T  
T G L T L B R A S D Q W A A H G S T N I O J Z I  
S N H N S A W V L V L V X W U W P B O N E S V R  
A I S Y C T A U U M O I L Y F I S H Z K Q B K H  
N L O M F E I S V Z E U G U G C Y I R C V D W T  
D L U U X S I F C U T M Q S Q J Z H Q L L A I R  
V E O S B N L G F T C H B V H A P R P Y T B L A  
E W P C V R I R X N N T G R P A Q E Y B X F Q D  
G S M L P L V Q A X E Q G I A P T H H H M Y B I  
E R V E S Y J K U J D S P Z E N B X U X F G J O  
T L T E Y J A O X N V N S L J W E K F O S W J T  
A B T X B U D A I R G J I P Y K Y Q B E Z X D A  
B U U E E M K J W P X W C O X G Y H L I T T C M  
L N G R B L K J D M L T I J K K C V T Q W T O U  
E O N C C N O I T A M M A L F N I R Z L O P O E  
S G L I W I R A D V Q O X V F E H K V I A O J H  
S T O S T E O A R T H R I T I S M Q G B O E T R  
M T S E H X Z H F N O I T O M D E C U D E R H O

anti-inflammatory diet  
synovial membrane  
reduced motion  
oily fish  
swelling  
pain

fruits and vegetables  
muscle exercise  
osteoarthritis  
cartilage  
joints

rheumatoid arthritis  
healthy weight  
inflammation  
stiffness  
bones