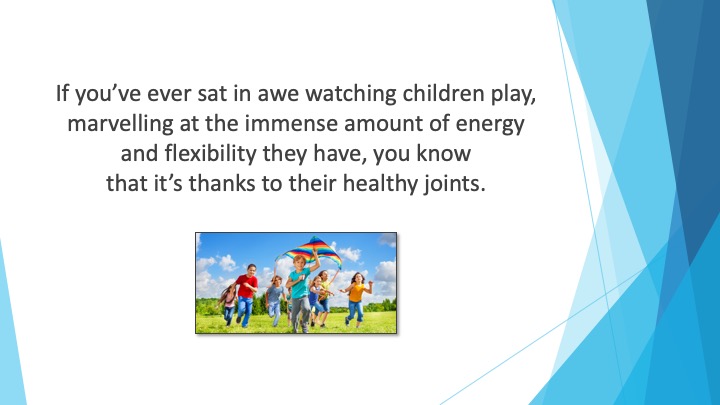
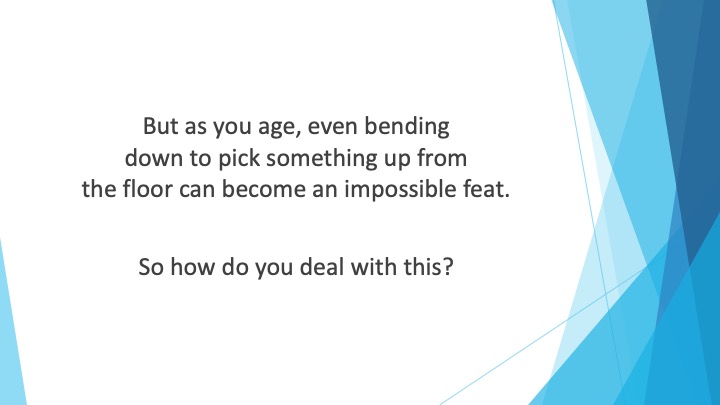
**Introduction**

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**S1** : Pause for 2 seconds

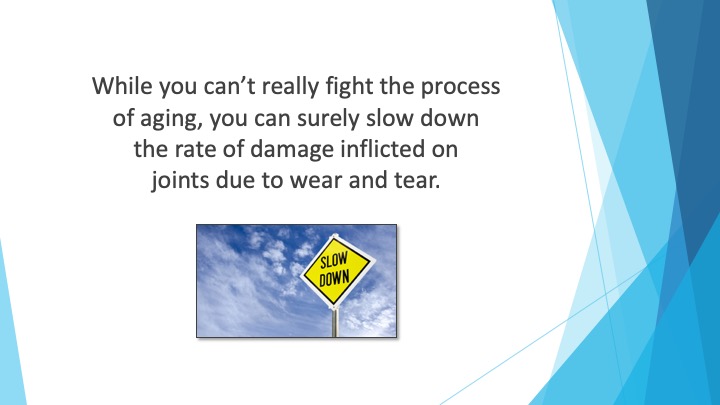


**S2** : If you’ve ever sat in awe watching children play, marvelling at the immense amount of energy and flexibility they have, you know that it’s thanks to their healthy joints.

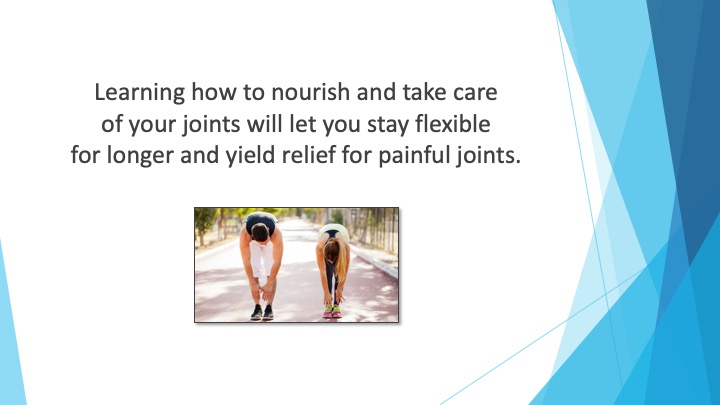


**S3** : But as you age, even bending down to pick something up from the floor can become an impossible feat.

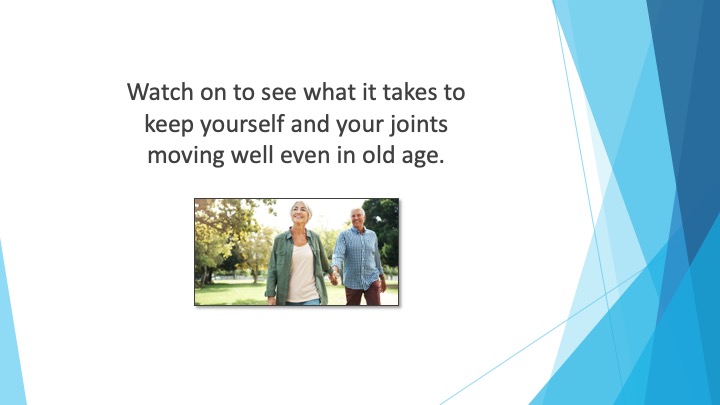
So how do you deal with this?



**S4** : While you can’t really fight the process of aging, you can surely slow down the rate of damage inflicted on joints due to wear and tear.



**S5** : Learning how to nourish and take care of your joints will let you stay flexible for longer and yield relief for painful joints.



**S6** : Watch on to see what it takes to keep yourself and your joints moving well even in old age.