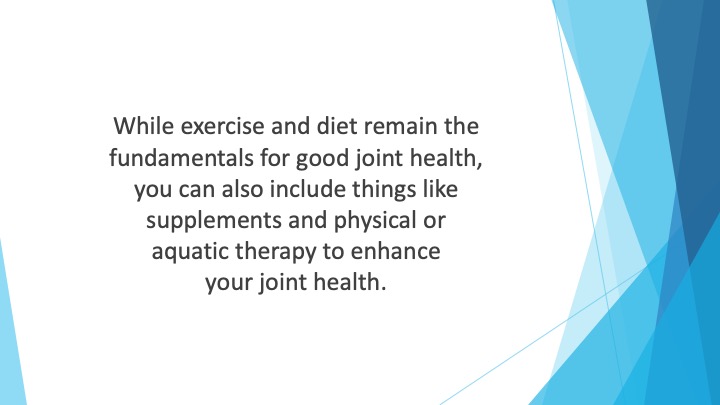
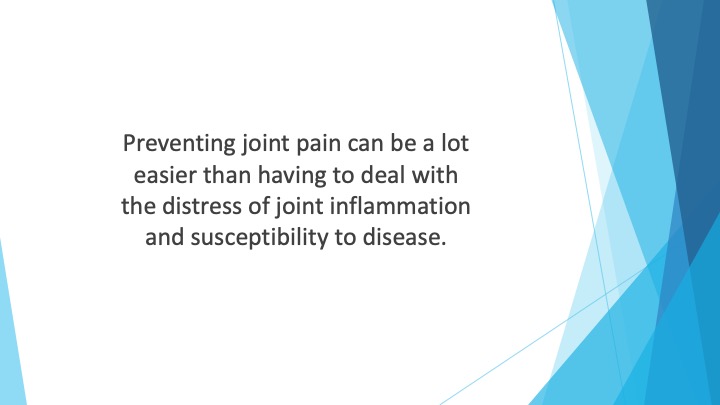
**Conclusion**

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**S1** : Pause for 2 seconds



**S2** : While exercise and diet remain the fundamentals for good joint health, you can also include things like supplements and physical or aquatic therapy to enhance your joint health.



**S3** : Preventing joint pain can be a lot easier than having to deal with the distress of joint inflammation and susceptibility to disease.



**S4** : Let your joints thank you for taking good care of them!