

# StandUp2OA BiWeekly Digest

## Healthy Weight Week

Healthy Weight Week is celebrated this year from January 21st through the 27th. It is a week dedicated to understanding the importance of maintaining a healthy weight and lifestyle. In terms of osteoarthritis (OA), the most common type of arthritis, managing your weight with a healthy diet and physical activity can help you improve your joint pain and other OA symptoms. For every 1 pound of weight loss, there is 4 pounds of [relief on your knees](#). Losing 15 pounds can cut knee pain in half!

Healthy nutrition can also make your quality of life better and help you move around more easily. Many people with OA want to know what foods they should eat or avoid to make their symptoms better. The research around improving OA symptoms



through specific foods and diets is weak and unclear. Yet, [some research](#) shows that following a Mediterranean diet can help make your OA symptoms better, reduce inflammation in your body, and help you manage your weight.

Wondering where to get started? The OA Action Alliance has compiled a [variety of resources](#) on OA, weight management, and nutrition. In addition, below is additional Information on anti-inflammatory diets and arthritis from some of our [Member Organizations](#):

- Arthritis National Research Foundation: [Anti-Inflammatory Recipes](#)
- Creaky Joints: [Anti-Inflammatory Diet](#)
- Arthritis Foundation: [The Ultimate Arthritis Diet](#)