

## empower your well-being checklist

### Rheumatoid Arthritis

For an easy way to improve your health, follow the Empower Your Well-Being Checklist. This list provides quick wellness tips to fit into your daily life. To use, simply check off the tips that you complete each day. Set a goal for how many you can complete!

Note	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Vary your fruits and vegetables: Try to eat 5 cups of colorful produce daily							
Include high-fiber foods daily: Choose fruits, vegetables, whole grains, nuts, and seeds. Recommendations: Men = 38g/day; Women = 25g/day							
Choose the right fats: Aim for healthy monounsaturated and polyunsaturated fats, like the kind found in olive oil, salmon, and nuts							
Add a lean protein food to every meal: chicken, fish, beans, and low-fat dairy							
Meet your calcium needs: Choose 3 calcium-rich foods daily (milk, cheese, yogurt, calcium-fortified foods)							
Take a daily dose of vitamin D: Talk to your doctor or pharmacist about the amount that's right for you							
Avoid foods that may trigger RA symptoms (Gluten, high FODMAP, nightshades, etc.)							
Cook with spices that may lower inflammation: Look for turmeric, cinnamon, and ginger							
Drink at least half your body weight in ounces of water daily (Ex: 200 lbs. = 100 oz.)							
Movement: Try to get in at least 30 minutes of physical activity daily							
Stretch daily: Stretching has proven benefits for those with RA and helps to maintain flexibility							
Keep a food and symptom journal							
Work to manage your stress level. Try yoga, meditation, or journaling							
Sleep: Aim for at least 7-9 hours of sleep each night							
Medications: Take your medications as prescribed							
Connect with others: Join an online or local support group							