There is a charity to be given for each joint of the human body

Abu Hurayrah (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) said: "There is a charity to be given for each joint of the human body every day on which the sun rises; judging justly between two is a charity, helping a man with his mount to ride on it or lift his luggage on it is a charity, the good word is a charity, every step that one takes to the prayer is a charity, and removing what is harmful from the way is a charity."

[Authentic] [Agreed upon]

The Prophet (may Allah's peace and blessings be upon him) clarified that every religiously accountable Muslim should give every day a voluntary charity on behalf of every single one of his bone joints as a form of expressing gratitude to Allah Almighty for well-being and for creating his bones with joints that allow him to grasp and stretch. This charity can be fulfilled not through giving money alone but through all types of righteous acts, which include: Acting justly and reconciling between those in disagreement counts as a charity. Helping someone disabled with his mount by helping him ride on it or lifting his luggage on it counts as a charity. The good word, whether it is Dhikr (remembrance of Allah), supplication, greeting of peace, or otherwise counts as a charity. Every step you take to the prayer counts as a charity. Removing what is harmful from the way counts as a charity.

http://sunnah.global/hadeeth/en/show/4568