

TAPED SCRIPT
Pre-recorded

“Physical Activity. The Arthritis Pain Reliever.”

“Whoopee”

:60-second version

WOMAN: So. Guess what I read today?

MAN: Ah, your horoscope?

WOMAN: Seriously, I read where 30 minutes of moderate physical activity, 5 days a week, can actually help reduce arthritis pain.

MAN: Great....let’s go pole vaulting.

WOMAN: If you take a walk or ride a bike or swim and get your heart rate up it can help reduce the pain and stiffness.

MAN: (doubtful) Sure

WOMAN: It’s true. And you don’t even have to do it all at once. You could try 10 minutes at a time, three times a day. And most people notice a difference in four to six weeks.

MAN: Yeah. I think they probably hurt more.

WOMAN: No. They hurt less.

WOMAN: It even improves your mood.

MAN: You’re not talking about me are you?

ANNCR: Sure, it’s not easy to get started, but lots of people are reducing arthritis pain with physical activity. So can you. For more information visit CDC.gov/arthritis or call 1- 800-CDC-INFO. That’s 1- 800-CDC-INFO. “Physical Activity. The Arthritis Pain Reliever.” A message from the Department of Health and Human Services, and The Arthritis Foundation. “Physical Activity. The Arthritis Pain Reliever.”