Don't sit still for arthritis pain.

Arthritis hurts. Physical activity can help. Studies show that 30 minutes of moderate physical activity three or more days a week can help you move more easily. You can break it up, too. Start with a walk. Later, rake leaves or wash the car. Keep it up, and in four to six weeks you could be hurting less and enjoying life more.

Physical Activity. The Arthritis Pain Reliever.

Call 1-800-568-4045 to learn more.

A message from The Centers for Disease Control and Prevention • The Arthritis Foundation • The Department of Health & Human Services

CDC Centers for Disease Control and Prevention

ARTHRITIS FOUNDATION® Take Control. We Can Help.™