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Reduce arthritis pain? It's not such a big stretch.

Studies show that 30 minutes of moderate physical activity three or more days a week can help you move more easily. So walk. Swim. Dance. Ride a bike. If 30 minutes is too much, try 10 minutes at a time. To make it fun, do it with a friend. Stick with it, and in four to six weeks you could hurt less and have more energy.

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

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Arthritis Foundation® Take Control. We Can Help.™