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 reduce arthritis pain and help you move more easily. So take a walk. Go dancing. Ride a bike. Go for a swim. Make it fun by inviting friends or family to join you. If 30 minutes is too much, try 10 or 15 minutes at a time. Stick with it, and in four to six weeks you could be hurting less and feeling more energetic.

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.™