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What to take for arthritis pain?

Take a walk. A bike ride. A swim. Studies show that 30 minutes of moderate physical activity three or more days a week can relieve pain and help you move more easily. You can break it up, doing 10 to 15 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 feel better.

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

DEPARTMENT OF HEALTH & HUMAN SERVICES • USA

CDC
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ARTHRITIS FOUNDATION®
Take Control. We Can Help.™