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. If 30 minutes at once is too much, try 10 or 15 minutes a few times a day. To make it fun, invite a friend or family member to join you. Stick with it, and in just four to six weeks you could be hurting less and feeling 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

CDC Centers for Disease Control and Prevention

Arthritis Foundation® Take Control. We Can Help.™