GOOD MORNING ARTHRITIS.

YOU WON'T BEAT ME TODAY!

Studies show that just 30 minutes of exercise a day at least 5 times a week helps reduce arthritis pain and increase mobility. Whether you exercise 10 minutes at a time, 3 times a day or 30 minutes all at once, exercise can make a big difference in how you feel in just 4 to 6 weeks. Walk, bike, swim, or choose an exercise that gets your heart rate up. Don't let arthritis beat you! For more information call us at 1-800-CDC-INFO (800-232-4636).

www.cdc.gov/arthritis/espanol/index.htm

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Take Control. We Can Help.™