

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. 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

