

“Physical Activity. The Arthritis Pain Reliever.”

“Whoopee”

:30-second version

WOMAN: I read that if you have arthritis pain, 30 minutes of moderate physical activity, five days a week, can help reduce it.

MAN: (DOUBTFUL) Right...

WOMAN: It even improves your mood.

MAN: You're not talking about me are you?

ANNCR: Lots of people are reducing arthritis pain with physical activity. So can you. For information visit [CDC.gov/arthritis](http://CDC.gov/arthritis) or call 1- 800-CDC-INFO. “Physical Activity. The Arthritis Pain Reliever.” A message from the Department of Health and Human Services and The Arthritis Foundation.