



Every day is another  
opportunity to  
*show arthritis  
who's boss.*

Living with arthritis pain? Time to show it who's boss. Studies show that regular, moderate physical activity can reduce pain and fatigue and improve your mood.

For more information,  
visit [www.cdc.gov/Arthritis](http://www.cdc.gov/Arthritis) or call  
**1-800-CDC-INFO (800-232-4636).**



Physical Activity. The Arthritis Pain Reliever.