



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 or call
1-800-CDC-INFO (800-232-4636).



Physical Activity. The Arthritis Pain Reliever.