



At my house, I'm the breadwinner,
protector and occasional bug squasher.

*I can't let arthritis
stand in my way.*

People are depending on you. Don't let arthritis slow you down. 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.