



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.