



Even with *arthritis*,  
*I need to  
stay strong.*

People are depending on you. Don't let arthritis slow you down. Studies show that regular, moderate physical activity can reduce arthritis pain and fatigue and improve your mood.

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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.