



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

You don't want arthritis
slowing 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.