My *arthritis* tells me to stay in bed.

Fortunately, I'm in charge.

Is arthritis keeping you from living the life you want? Then take charge. Studies show that regular, moderate physical activity can reduce arthritis pain and fatigue and improve your mood.

For more information, visit **www.cdc.gov/Arthritis** or call **1-800-CDC-INFO (800-232-4636)**.

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ARTHRITIS FOUNDATION®
Take Control. We Can Help.™

Physical Activity.
The Arthritis Pain Reliever.