



*Every day is another opportunity  
to show arthritis who's boss.*

Living with arthritis pain? Time to show it who's boss. Studies show that moderate physical activity — the kind that gets your heart rate up and keeps it up like walking, biking, or swimming — can actually reduce pain and stiffness, and improve your mood. But it's more than just keeping busy, you need to get up and get active at least 5 days a week for 30 minutes each day. You can even do it for 10 minutes, 3 times a day. In just 4 to 6 weeks you'll notice a difference. Get physically active and show arthritis who's in charge.

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.