*At my house, I'm the breadwinner, protector and occasional bug squasher.*

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

You have important things to do; you don't want arthritis slowing you down. Start exercising. Studies show that moderate physical activity — the kind that gets your heart rate up and keeps it up — can reduce your arthritis pain and stiffness and improve your mood. But it's more than just staying busy. Try to walk, bike, swim, or choose any activity that increases your heart rate for at least 30 minutes a day, 5 days a week. You can even try 10 minutes at a time, 3 times a day. With moderate exercise, you'll start feeling better and be able to do more in just 4 to 6 weeks. That way, you can continue to be strong for the people who need you.

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

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**Physical Activity. The Arthritis Pain Reliever.**