*Every morning 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 with moderate physical activity. Sure, it's not easy, but studies show that getting your heart rate up and keeping it up, at least 30 minutes a day, 5 days a week, helps reduce the pain and stiffness from arthritis. It also improves your mood. But it's more than just staying busy, so pick an activity like walking, biking, or swimming — whatever works for you — and you'll notice a difference in just 4 to 6 weeks. Whether you try 30 minutes a day at one time, or 10 minutes at a time, 3 times a day, it all adds up to feeling better.

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

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

CDC
SAFER · HEALTHIER · PEOPLE™

ARTHRITIS FOUNDATION®
Take Control. We Can Help.™

Physical Activity. The Arthritis Pain Reliever.