*A lot of people depend on me. Even with **arthritis**, I need to stay strong.*

People are depending on you. Don't let arthritis slow you down. The good news is that it doesn't have to – if you get your heart rate up with moderate exercise. It's more than just staying busy. You need to walk, bike, swim, or choose an activity that gets your heart rate up and keeps it up for at least 30 minutes a day, 5 days a week. You can even try 10 minutes at a time, 3 times a day. In just 4 to 6 weeks, you'll notice less pain and stiffness. It will also improve your mood, and you'll be staying strong – for yourself and those who matter most.

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.