Even with *arthritis*, *I need to stay strong.*

People are depending on you. Don't let arthritis slow you down. 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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Physical Activity.
The Arthritis Pain Reliever.