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

You don't want arthritis slowing you down. Studies show that regular, moderate physical activity can reduce pain and fatigue and improve your mood.

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.