2935-ArthritisPstrsBW_Natl 8/3/05 10:44 AM Page 1

Don't sit still for arthritis pain.

Arthritis hurts. Physical activity can help. Studies show that 30 minutes of moderate physical activity three or more days a week can reduce pain and help you move more easily. If 30 minutes is too much, try 10 or 15 minutes at a time. Take a 15-minute walk. Then later, go for a 15-minute bike ride or swim. Or go dancing, wash the car, or rake some leaves. Make it more fun by asking friends or family members to join you. Keep it up, and in four to six weeks you could be hurting less and enjoying life more.

Physical Activity. The Arthritis Pain Reliever.

Call 1-800-568-4045 to learn more.

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION • THE ARTHRITIS FOUNDATION • THE DEPARTMENT OF HEALTH & HUMAN SERVICES