

# Reduce arthritis pain? It's not such a big stretch.



Studies show that 30 minutes of moderate physical activity three or more days a week can reduce arthritis pain and help you move more easily. So take a walk. Go dancing. Ride a bike. Go for a swim. Make it fun by inviting friends or family to join you. If 30 minutes is too much, try 10 or 15 minutes at a time. Stick with it, and in four to six weeks you could be hurting less and feeling more energetic.

## Physical Activity. The Arthritis Pain Reliever.

Call [1-800-568-4045](tel: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

