stand in your way.

Most people who stick with a program of regular physical activity begin to feel better within 4 to 6 weeks.

Sure, it's not easy, especially when your joints hurt or you haven't been active for a while. But the sooner you start, the sooner you'll feel better.

Here are some activities you can try:

- Walking briskly
- Biking
- Swimming
- Dancing
- Water aerobics
- Canoeing
- Group exercise classes
- Yard work such as raking or trimming the shrubs

So get moving, and keep moving.

Getting started is the most difficult part, but don't let your arthritis be in charge. Get started on a regular routine of physical activity. In 4 to 6 weeks, you could be hurting less, moving more easily, and feeling more energetic. Get physically active and show arthritis who's boss.

For more information, visit **www.cdc.gov/Arthritis** or call **1-800-CDC-INFO (800-232-4636)**.

A message from The Department of Health & Human Services
The Centers for Disease Control and Prevention
The Arthritis Foundation

Physical Activity. The Arthritis Pain Reliever.

Physical Activity. The Arthritis Pain Reliever.

Don't let arthritis

Is arthritis keeping you from living the life you want? Then take charge with moderate physical activity. Studies show that getting your heart rate up and keeping it up, at least 30 minutes a day, 5 days a week (for a total of 2.5 hours a week), helps reduce the pain, fatigue and stiffness from arthritis. If 30 minutes at one time is too much, try 10 minutes at a time, 3 times a day.

Take a Walk. Take a Bike Ride. Take a Swim.

Take charge of your arthritis with moderate physical activity.

More than 46 million Americans live with arthritis, and many of them are discovering that moderate exercise improves the way they feel. You can do it, too. **Here are suggestions on how to get started.**

☑ Do more than just keep busy.

To improve the way you feel, you have to get your heart rate up and keep it up. That means more than just staying busy. You need to walk, bike, swim, dance or choose an exercise that gets your heart rate up and keeps it up for 30 minutes a day, 5 days a week (for a total of 2.5 hours a week). In just 4 to 6 weeks, you'll notice less pain and stiffness. You know you're doing moderate physical activity when you can talk while you're doing it, but you can't sing. Adding strength building exercises 2 days a week can also improve your arthritis.

☑ Start slowly. Warm up and cool down.

If it's been a while since you've done regular physical activity, start slowly and gradually work your way up to 30 minutes a day. Start with 10 or 15 minutes at a time. Let your body be your guide. And remember, some activity is better than none. If you can't carry on a conversation, or if you feel severe pain during the activity, you're probably pushing too hard.

Start and end your activity at a slower pace to give your body a chance to warm up and cool down. For example, start and end your walk with 5 minutes of walking at a slower speed. Some activities may be more comfortable if you start with gentle stretching.

☑ Make it fun.

There's no reason physical activity can't be enjoyable. Join a group exercise program in your community. Take your grandkids to the pool and swim for 20 minutes. Take a 10-minute walk after dinner with a friend. Go for a 15-minute bike ride in the morning and a 15-minute walk in the afternoon with a neighbor.

Choose activities that you enjoy and will do regularly to make being active part of your life. And keep in mind, strength building exercises can also improve your arthritis.

Continued on back.

To feel the health benefits, make it your goal to get your heart rate up for a total of 2.5 hours a week or 30 minutes a day, 5 days a week. If 30 minutes at one time is too much, try 10 minutes at a time, 3 times a day.

Regular Moderate Physical Activity Can Help You:

- Feel less pain
- Move more easily and do more activities
- Feel more energetic
- Improve your mood
- Keep your muscles, bones, and joints healthy

Did You Know?

Regular physical activity doesn't just relieve arthritis pain in your knees, hips and ankles, but also in your hands, shoulders and wrists. It also helps you **reduce pain, fatigue and stiffness**. It even gives you more energy and improves your mood.