



A MINUTE OF HEALTH WITH CDC

Don't Let Pain Keep You Down

Arthritis as a Potential Barrier to Physical Activity Among Adults with Heart Disease — United States, 2005 and 2007

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Physical activity is an important part of managing heart disease. A recent CDC study found that more than half of adults with heart disease have some form of arthritis, and that fear of joint pain and making their arthritis worse may keep them from being active.

Joint-friendly activities can be less taxing on the joints, while providing a beneficial level of exercise for both conditions. These include walking, swimming, biking, and other low-impact aerobic activities, as well as special exercise programs.

Don't let your condition keep you down. Consult with your healthcare provider to develop an exercise routine that's best for you.

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