



## A MINUTE OF HEALTH WITH CDC

### *Sit and Suffer or Move and Mend*

*Arthritis Awareness Month — May, 2008*

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

An estimated one in five U.S. adults has been diagnosed with some form of arthritis, and there is no known cure. When arthritis pain kicks in, the last thing on your mind is exercise. But according to the Surgeon General, the best thing you can do for those aching joints is use them. Moderate physical activity has been proven to be the most effective way to relieve pain, strengthen joints, and improve the use of areas affected by arthritis. Walking can be a great workout. It requires no equipment, except a good pair of shoes, and it can be done almost anywhere, anytime. So, don't just sit and suffer. Get moving and get relief!

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.