



A MINUTE OF HEALTH WITH CDC

Stay in Motion

Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation — United States, 2013-2015

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Regular physical activity can help relieve the pain and discomfort that nearly one in four U.S. adults experience due to arthritis. Arthritis causes pain and aching in and around the joints, and for those with heart disease, diabetes, or obesity, the prevalence of arthritis and its resulting limitations is particularly high. Many believe that physical activity will make the pain worse. In reality, maintaining a healthy weight and getting regular physical activity can help you manage your arthritis. We recommend 30 minutes a day, five days a week. Walking for 10 minutes at a time, three times a day *can* make a difference. If you have arthritis, ask your healthcare provider about an exercise regimen that's best for you.

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

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.