



A MINUTE OF HEALTH WITH CDC

Move to Improve

World Arthritis Day, 2012

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

As many as 50 million adults and 300,000 children suffer from arthritis, the nation's most common cause of disability. Although there's no cure, arthritis can be controlled and the pain decreased by regular physical activity. Low-impact, moderate intensity exercise, such as walking, biking, swimming, and participating in fitness classes, is both safe and effective for most people with arthritis. Engaging in just 30 minutes of exercise five days a week can prevent the debilitating symptoms of arthritis. If you suffer from this condition, your health care provider can help you develop an exercise regimen.

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

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