

“Physical Activity. The Arthritis Pain Reliever.”  
“Anthem”  
:60-second version

(MUSIC: SLOW )

Woman: I have arthritis....

Man: I have arthritis....And the pain was bad...

Woman: Unbearable...

Man: It made me feel like I was trapped in my own body...

Woman: Like I'd never live without pain again.

(MUSIC: UPBEAT MUSIC UP)

Man: But I started to exercise.....

Woman: Because studies show that physical activity, the kind that gets your heart rate up...

Man: helps reduce arthritis pain. Thirty minutes a day at least five times a week....

Woman: Sometimes I do 30 minutes in a row, sometimes 10 minutes at a time, three times a day.

Man: I bike, walk, swim, whatever activity I feel like doing.

Woman: It makes a difference in just four to six weeks.

Man: Every morning my arthritis tells me to stay in bed.

Woman: Fortunately, I'm in charge.

ANNCR: You can reduce your arthritis pain with moderate exercise five times a week. For more information visit [CDC.gov/arthritis](http://CDC.gov/arthritis). Or call, 1-800-CDC-INFO. That's 1-800-CDC-INFO. “Physical Activity. The Arthritis Pain Reliever.” A message from the Department of Health and Human Services and the Arthritis Foundation.