

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

(MUSIC: UPBEAT)

Woman: I have arthritis....

Man: I have arthritis

Woman: But I started to exercise.....

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. 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.