

CDC Arthritis Program's Five Key Takeaways

Be Active

Research shows physical activity decreases pain, improves function and delays disability. People with arthritis should strive for at least 150 minutes of moderate activity each week.

Watch Your Weight

Maintaining a healthy weight can limit disease progression and activity limitation. For every pound lost, there is a 4-pound reduction in the load exerted on the knee.

See Your Doctor

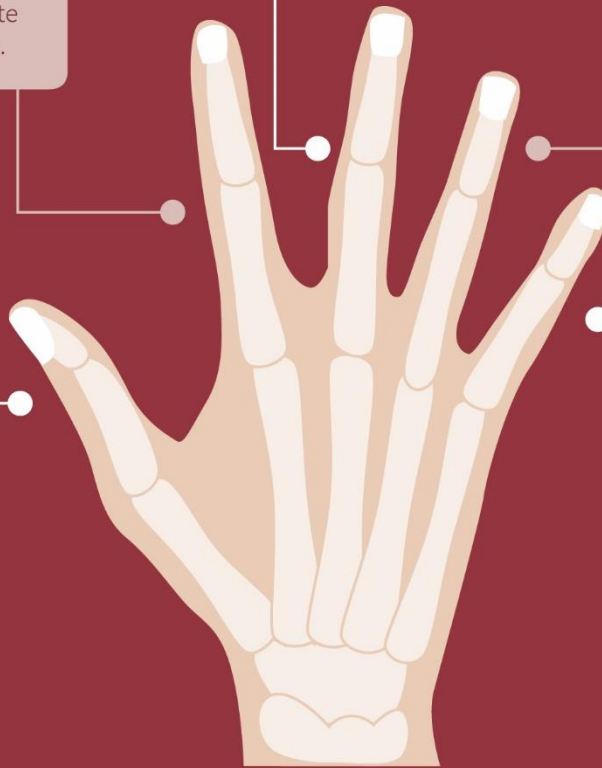
Early diagnosis and professionally guided management is critical to maintaining a good quality of life.

Learn Arthritis Management Strategies

Self-management education strategies provide the skills and confidence to live well with arthritis on a day-to-day basis.

Protect Your Joints

Avoiding injuries to joints can reduce the likelihood of developing osteoarthritis.



To learn more about managing arthritis,
please visit www.cdc.gov/arthritis.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion