

# 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

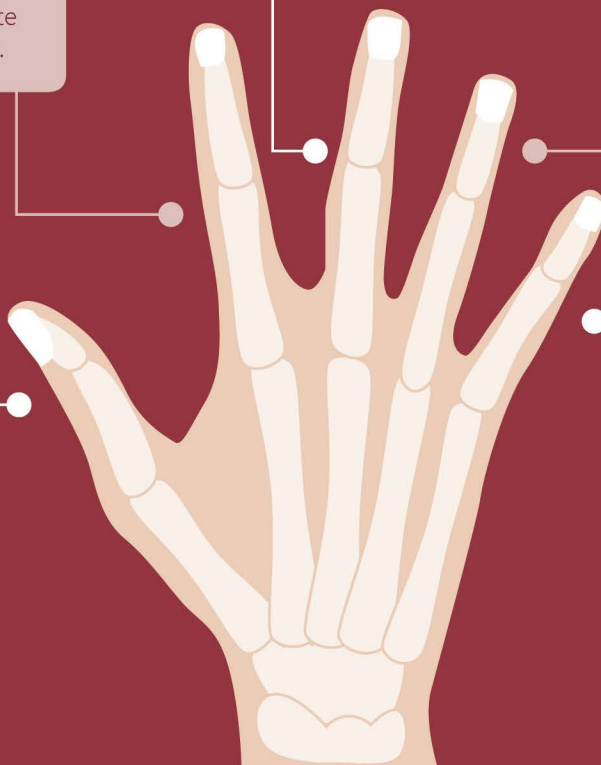
Early diagnosis and professionally guided management is critical to maintaining a good quality of life.

## 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](http://www.cdc.gov/arthritis).



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