

# MANAGING ARTHRITIS: STRIVE FOR FIVE



## TALK TO YOUR DOCTOR

Talk to your doctor if you have joint pain or other arthritis symptoms.

It's important to get an accurate diagnosis as soon as possible so you can start treatment and work to minimize arthritis pain.

## MANAGE YOUR WEIGHT

Losing excess weight and staying at a healthy weight is particularly important for people with arthritis.

Losing weight, if needed, reduces stress on weight bearing joints like the hips and knees.

## BE ACTIVE

Physical activity is a simple and effective way to relieve arthritis pain without medication.

Being physically active also improves function, mood, and quality of life for adults with arthritis.

## LEARN NEW SELF-MANAGEMENT SKILLS

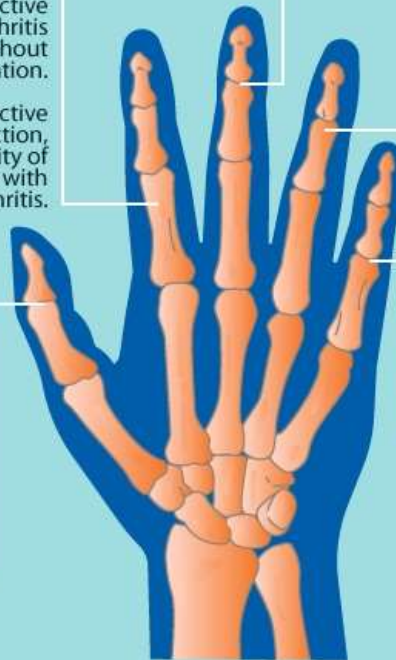
Join a self-management education workshop, which can help you learn the skills to manage your arthritis and make good decisions about your health.

## PROTECT YOUR JOINTS

Joint injuries can cause or worsen arthritis.

Choose activities that are easy on the joints like walking, bicycling, and swimming.

These activities are low risk and do not put too much stress on the joints.



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

