

Health Bulletin



Walkers Wanted To Help Fight Arthritis

(NAPSA)—Americans of all ages are urged to protect their joints and join the movement to cure arthritis at the annual Arthritis Walk, a team walking event held nationwide during the first week of May, kicking off National Arthritis Month.

Arthritis is more widespread than imagined, affecting 70 million Americans, or one out of three adults and approximately 300,000 children. Arthritis is the nation's number one cause of disability, robbing people of all ages of their ability to participate fully in many daily activities and diminishing their overall quality of life. Worse, arthritis rates are on the rise as the population of baby boomers age, creating an alarming public health epidemic.

"Arthritis is not an inevitable part of aging—nor is it something that should affect the quality and enjoyment of daily activities," said Tino J. Mantella, president and CEO of the Arthritis Foundation. "There are many things we can do to prevent arthritis from imposing limits on our lives—from exercising for ourselves to funding research for others—and the Arthritis Walk provides us with a motivating and fun way to do both."

The Arthritis Walk is a non-competitive, five-kilometer (3.1 mile) course with varying distance options to accommodate all levels of fitness. Participants can walk in honor of a loved one with arthritis, while the men, women and children living with arthritis lead the way, wearing special blue honoree hats to signify their action in taking control of their condition. Walkers are encouraged to either join individually or as an Arthritis



For a free brochure, *Walking and Arthritis* call 1-800-283-7800.

Walk team by recruiting five or more friends, family members, neighbors or co-workers or both.

Money raised from the Arthritis Walk funds hundreds of programs and services to help people prevent and control arthritis.

This year, the Arthritis Walk is being presented nationally by Aleve[®] marketed by Bayer Consumer Care, with additional support provided by Rexall Sundown's Osteo Bi-Flex[®], Yahoo! Pay Direct[®] by HSBC, and national media sponsor *Arthritis Today* Magazine.

The Arthritis Walk is a perfect starting point for people to help themselves and others. They can get moving, get informed about the signs of arthritis and learn more about joint-safe exercise programs offered through the Arthritis Foundation.

People who want to participate in the Arthritis Walk can visit www.arthritis.org or call the Arthritis Foundation at 1-800-960-7682.