

2011 ARTHRITIS WALK® FACTS AT A GLANCE

Let's Move Together

The Arthritis Walk is the Arthritis Foundation's nationwide signature fundraising event that supports public awareness and raises funds to fight arthritis, the nation's most common cause of disability. It takes place in hundreds of cities nationwide, typically during Arthritis Awareness Month in May. Supporters who join the Arthritis Walk become part of the *Let's Move Together* movement, a nationwide campaign led by the Arthritis Foundation that encourages people to move to prevent or treat arthritis.

A Sense of Urgency

Arthritis is a serious and sometimes deadly disease. Today, one in five adults and nearly 300,000 children suffer from the pain of arthritis. By the year 2030, an estimated 67 million or 25% of the projected total adult population will have arthritis. By participating in the Arthritis Walk, supporters help raise funds needed to find a cure for arthritis. Best of all, when they walk in honor of a loved one with arthritis they know they are making a difference.

Join the Movement

Walking just 30 minutes a day – or even 10 minutes three times a day – can ease joint pain, improve mobility and reduce fatigue often associated with arthritis. It also can reduce your risk of developing certain forms of arthritis. Companies, community groups, schools, friends and families can join the nationwide movement for better health by forming Arthritis Walk teams and committing to move daily to prevent or treat arthritis. Start moving today by visiting www.letsmovetogether.org.

About the Arthritis Foundation

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases. The Arthritis Foundation also provides a large number of community-based programs and services nationwide to make life with arthritis easier and less painful.

Our Sponsors

For information call the Arthritis Foundation.

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