

Figure 2. Symptoms that can indicate a rheumatic disease, according to college students (n=75) after an educational session

- [1] Hegarty RS, Conner TS, Stebbings S, Tretharne GJ. Feel the Fatigue and Be Active Anyway: Physical Activity on High-Fatigue Days Protects Adults With Arthritis From Decrements in Same-Day Positive Mood. *Arthritis care & research*. 2015;67(9):1230-6
- [2] Løppenthin K, Ebsensen BA, Jennum P, Østergaard M, Christensen JF, Thomsen T, et al. Effect of intermittent aerobic exercise on sleep quality and