
Exercises for Fibromyalgia

Although fibromyalgia is characterized by severe pain and fatigue, exercise has been demonstrated to be one of the most effective treatment methods to help improve quality of life for those suffering from the condition.

- Aerobic exercise has been shown to significantly reduce pain, fatigue, and depression in individuals who have fibromyalgia.
- Strength training has been shown to increase overall well-being and physical functioning in those with fibromyalgia.
- Mind-body modes of exercise such as yoga, tai chi, and Pilates have demonstrated promising results of increased quality of life, self-efficacy, and pain reduction for individuals with fibromyalgia.
- Exercising in water is especially beneficial to individuals with extremely low levels of fitness or extremely high levels of pain.



(<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3165132/>)

As multiple types of exercise have demonstrated to provide significant health benefits to those with fibromyalgia, pick a type of exercise that you **enjoy** doing! Whether you try walking, yoga, lifting weights, tai chi, or water aerobics, you will most likely experience health benefits, especially if you stick with it.

Tips:

- Start slow- Start at a very low intensity for just 10 minutes per day, every other day.
- Gradually increase the number of days or amount of time that you are exercising as your body adjusts to the program.
- Your goal will be working up to exercising for 30 minutes at a moderate intensity, approximately 5 days per week.

