



AUTOIMMUNE
STRONG

How To Exercise Safely with Chronic Illness

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The Big Question:

Do people with autoimmune disease, fibromyalgia, and other types of chronic illness need to exercise differently than others?

Exercise has been proven to reduce the symptoms of chronic conditions.

Exercise has been documented by numerous medical studies to have a profound positive impact on reducing the symptoms of Autoimmune Disorders, Fibromyalgia, Lyme Disease, Chronic Pain and Chronic Fatigue

See next slide for citations.

Research proves that these individuals show remarkable improvement with both short and long-term movement & exercise programs.

This includes:

- Enhanced overall physical and mental health (1, 2, 3, 5, 6, 7)
- Reduced anxiety and depression (1, 3)
- Increased energy levels (6, 7)
- Decreased fatigue (6)
- Improved sleep (8)
- Reduction in pain (3, 6)
- Improvement in mood (3, 6, 7)
- Increased or restored range of joint motion, even in individuals with chronic arthritic conditions such as Rheumatoid Arthritis (2)
- Increased muscular strength and endurance, even in individuals with muscular or joint degeneration (5)
- General reduction in overall symptoms (3, 5, 6, 7)

HOWEVER-

Not all exercise is created equal when you are looking to achieve these healing results.

Exercise, if done incorrectly, can exacerbate the symptoms of chronic illness.

Too much exercise, or the wrong type of exercise can cause “exercise induced symptom flare-ups”

Exercise CAN cause a flare- up.

To avoid this flare-up, people living with chronic pain must exercise differently than other people.

But it is indeed possible, and important, to incorporate fitness into your life when you live with chronic illness.

In order to incorporate movement into your life when you live with chronic illness, you must control four factors:

Frequency

Duration

Type

Intensity

For people with chronic illness, the four factors need to look like this:

1. Frequency = Consistent
2. Duration = Short
3. Type = Strengthening and Stretching
4. Intensity = Progressive (start low and build up SLOWLY over time)

Autoimmune Strong Exercises

Abdominal bracing (floor and wall), show progression

Short Foot (posture)

Balance work (demonstrate how progression can work here)

Air Squats with abdominal bracing

Dynamic Squat progression

How to Learn More

Website:

www.getautoimmunestrong.com

Facebook Group:

www.facebook.com/groups/341196606239279/

Instagram:

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Email List:

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