

Fibromyalgia Exercise

By Holly Stewart

Fibromyalgia is a syndrome that is characterized by bone, joint and muscle pain. Although there is no cure for fibromyalgia, there are a few fibromyalgia exercises that you can do to relieve the symptoms associated with the syndrome.

Yoga, pilates, and walking are a few of the best known exercises for fibromyalgia pain relief. It is very important to start out slowly with each exercise, and gradually increase the amount of time you exercise. Fibromyalgia exercises can be tough and painful at first, but after you are used to it, you will begin to feel stronger and healthier. Exercise is one of the leading treatments for fibromyalgia, so these exercises can be very important. Exercise produces increased serotonin and adrenalin, which are natural pain inhibitors. So you can see how exercise is really important in treating fibromyalgia. Yoga is my personal recommendation for the best fibromyalgia exercise. It relieves not just pain, but also anxiety, which is another symptom of fibromyalgia. Yoga helps to decrease anxiety, increase blood flow, and increased flexibility.

The fibromyalgia exercises that you should avoid are; dancing, and basketball, or any type of sport which involves a lot of jumping up and down. Stick with walking, yoga, and pilates. Other effective exercises are biking, swimming, and stationary cross country. All of these are low impact exercises, which are the best forms of exercises to try. If you want to try some more exercises, I would recommend pushups--Do them against a wall instead of on the floor, lifting weights--Use very light weights for resistance. Resistance Bands, and machines (it is best to start with no weight).

Those are a few exercises that you will find beneficial if you suffer from fibromyalgia. For more information, please check out <http://www.fibromyalgiaexercise.net>

About the Author

Holly Stewart is a 23 year old entrepreneur. You can check out her website at <http://www.fibromyalgiaexercise.net> Article Source: http://EzineArticles.com/?expert=Holly_Stewart

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