



KITA SUGG
Exercise Physiology

Fibromyalgia & Gentle Movement

Supporting Your Body with Movement That Feels Manageable

Living with fibromyalgia can be physically and emotionally challenging.

You may experience widespread pain, fatigue, stiffness, poor sleep or difficulty concentrating. Some days you may feel capable of doing more, while on other days even simple activities can feel overwhelming.

Because symptoms can vary from day to day, many people become uncertain about how much movement is appropriate.

While it's important to listen to your body, avoiding movement altogether isn't usually the answer. Gentle, appropriately paced movement can help support your body without overwhelming it.

Why it Matters

Fibromyalgia affects the way the nervous system processes pain, often making the body more sensitive to everyday movement and activities.

Although movement may feel difficult at times, gentle exercise can provide many benefits. Including: reduced stiffness, improved muscle strength, increased confidence with movement and improved sleep.

The key is finding movement that feels achievable and sustainable.

Small amounts of movement performed consistently are often more beneficial than occasional intense exercise.

Disclaimer: This information is general in nature and is not intended to replace individual medical advice. Always consult your healthcare professional before starting a new exercise program, particularly if you have fibromyalgia or another long-term health condition.

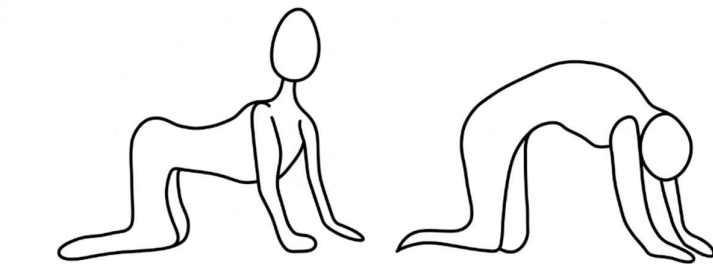
Simple moves

These gentle exercises are designed to help maintain movement, improve strength and reduce stiffness.

Cat-Cow Stretch

Helps support: Spinal mobility, flexibility and reducing stiffness.

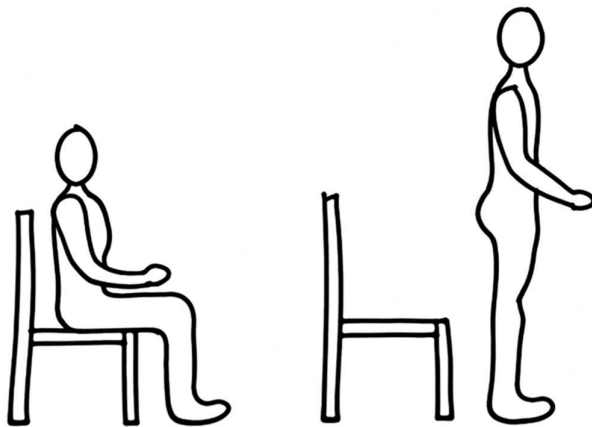
Position yourself on all fours; hands under shoulders, knees under hips. Inhale for **Cow**, dropping belly, lifting chest and tailbone. Exhale for **Cat**, rounding spine to ceiling, tucking chin. Repeat 5-8 times.



Sit-to-Stand

Helps support: Lower body strength and everyday function

From a chair, stand up and sit back down slowly with control. Use your hands for support if needed.

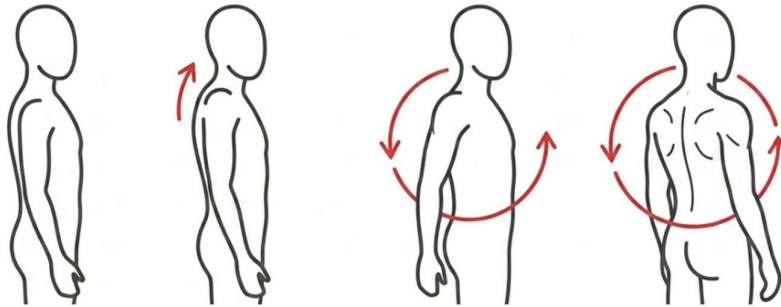


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Shoulder Rolls

Helps support: Upper body mobility

Roll your shoulders backwards in a slow circular motion. Repeat several times.



Takeaway

Living with fibromyalgia doesn't mean you have to stop moving.

The right type of movement can help support strength, reduce stiffness and improve confidence in everyday life.

Gentle movement may not change everything overnight, but over time, small steps can lead to meaningful improvements.

How an Exercise Physiologist Can Help

An Accredited Exercise Physiologist can help you build confidence with movement, developing an exercise program tailored to your goals, symptoms and current abilities.

To book a personalised Exercise Physiology session with Kita visit

www.kitasuggphysiology.com.au

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