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Exercise Physiology

Chronic Fatigue & Movement: Small Steps to Support Your Energy and Daily Life

Enjoyable Movement for Every Body

Living with chronic fatigue can make even simple daily tasks feel overwhelming.

You may find yourself feeling exhausted after activities that once felt easy. Some days, getting through work, household tasks or social activities can use most of your available energy.

When fatigue becomes a regular part of life, it is natural to think that more rest is always the answer. While rest is important, too much rest can sometimes lead to reduced strength, decreased fitness and lower confidence in what your body can do.

Gentle, appropriate movement can help many people living with chronic fatigue maintain physical function, support energy management and improve quality of life.

The key is finding a balance between activity and recovery.

Why it Matters

When we move less, our muscles and cardiovascular system gradually become less efficient.

This can make everyday activities feel harder and require more energy than they used to.

Gentle movement may help to maintain muscle strength, support circulation, mood and wellbeing, improve confidence with movement and make everyday tasks feel more manageable

Movement is not about pushing through exhaustion.

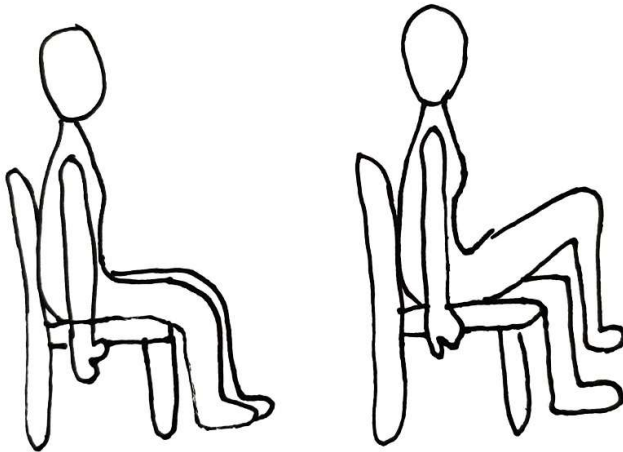
It is about helping your body do what it can, while respecting its limits.

Simple moves

Seated Marching

Helps support: Energy, circulation and gentle cardiovascular fitness.

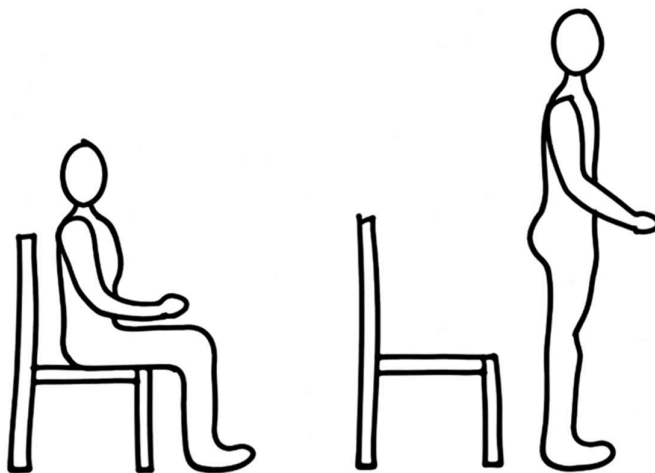
Sit tall in a sturdy chair with feet flat on the floor. Slowly lift one knee towards your chest, before lowering it back down. Alternate legs and move with control. Aim for 30-60 seconds at a comfortable pace.



Sit-to-Stand

Helps support: Lower body strength and everyday function

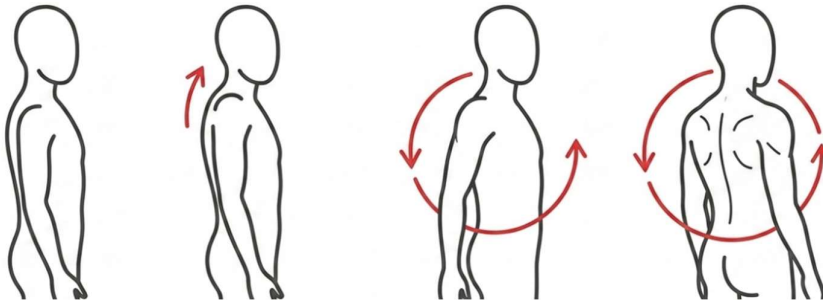
From a chair, stand up and sit back down slowly with control. Use your hands for support if needed.



Shoulder Rolls

Helps support: Upper body mobility

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



Importance of Pacing

One of the most helpful strategies for managing chronic fatigue is pacing.

Many people experience a cycle of:

Feeling better → Doing too much → Feeling exhausted afterwards → Needing prolonged recovery

Pacing helps reduce this cycle by balancing activity with rest.

Helpful pacing strategies include taking regular breaks before exhaustion occurs, breaking large tasks into smaller tasks, spreading activities throughout the day and gradually increasing activity levels over time

Consistency is often more helpful than intensity.

Takeaway

Living with chronic fatigue can be challenging, but movement does not need to be exhausting to be helpful.

Gentle, appropriately paced exercise can support strength, physical function and confidence while helping you manage your available energy more effectively.

Start small. Be consistent. Work within your limits.

Over time, these small steps can add up to meaningful improvements in daily life.

How an Exercise Physiologist Can Help

If fatigue is affecting your life an Accredited Exercise Physiologist can help you understand how much exercise is appropriate and develop an exercise program tailored to your energy levels.

An Exercise Physiologist can help you find the right balance between activity and recovery while building confidence in movement.

To book a personalised Exercise Physiology session with Kita visit www.kitasuggphysiology.com.au