EXERCISE PROGRAM FOR PEOPLE WITH FIBROMYALGIA

Symptoms of fibromyalgia can vary from person to person, and flare-ups can come and go, there is one commonality, and that is regular pain and fatigue. These symptoms are often what keep individuals with fibromyalgia from being active. That doesn't mean there aren't steps to improve health, fitness, mood, and symptoms of those living with this condition. Exercise can greatly increase the quality of life. For more info visit our blog at www.issaonline.edu.

RECOMMENDATIONS:
1. Get Doctor Approval
2. Start Slow
3. Intensity Matters
4. Form Matters
5. Listen To The Body

(check out article for more details)