

# LIVING WITH LUPUS



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Bay Area Health & Wellness Expo

LET'S  
**TALK**  
ABOUT IT

## Lupus and Exercising

When you're living with lupus, the very thought of exercising can be painful. Tired, joints ache and all you want to do just want to rest. Fatigue is one of the most common symptoms of lupus. Many feel sluggish, tired, and run-down.

People managing lupus can benefit from aerobic exercises. Exercise can make you feel stronger and more flexible. Exercise can promote stress reduction, flexibility, and endurance, and releases endorphins.

Flexibility exercise including stretching and range-of-motion movements can reduce stiffness and help make you more limber. Yoga, tai chi and Pilates can be very useful for those with lupus.

Strengthening like resistance or weight lifting, work muscles more vigorously and contribute to better joint support.

Each lupus patient tolerates physical activity differently. Talk to your doctor before beginning any exercise plan.