



It is often difficult to think about exercising when you are ill. You may feel like you do not want to go out and you do not want to see other people. There are benefits to regular exercise when you do not feel well. Check with your doctor before starting an exercise program.

Benefits of Exercise:

- Decreases muscle tension.
- Decreases anxiety.
- Helps get rid of frustration.
- Improves circulation.
- Can give you a sense of well being.
- Helps you sleep better.
- Helps you lose weight.

Types of Exercise:

- Daily 20 minute walk.
- Ride a stationary bike.
- Swimming.
- Activities such as table tennis, basketball and volleyball.