



EXERCISE...

- is important for your health and fitness
- is an important part of maintaining a healthy weight
- improves mental health and mood
- can make daily and other important activities easier to complete even when you live with pain

BEING PHYSICALLY ACTIVE...



Being physically active and taking part in exercise is as important to people who live with pain as it is for those who don't.



You may have agreed to reduce the opioids you take for pain and have some worries about starting a new exercise at this point.



Some people have told us that gentle exercise can be a good distraction and helped them to cope after reducing the opioids they take.



For some people who have never really exercised it can be difficult to know where to start.



However, for others who were used to vigorous exercise before living with pain it can be difficult to go back to new forms of exercise.

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I cope by walking every day regardless of weather. On a good day I might walk 5 miles but on a bad day it may only be a mile, but I do it everyday and getting outside changes my perspective.

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TOP TIPS



- You don't need to join a gym or buy special equipment to exercise. It can be as simple as walking a bit further or faster than normal.
- Remember this is the start, so be kind to yourself and do what you can.
- Start with something you can do comfortably and then you can build on it, you may look to increase how often you do it and how long you do it for.

WHICH EXERCISE IS BEST FOR ME?



What is really important is choosing an activity that you enjoy and that you can take part in.



I find that walking helps fulfill a whole bunch of pain management goals: relaxation, the physical exercise, breathing, fitness & just enjoyment - those good brain-chemicals really help beat back the pain!



Yoga is awesome, ballet is great fun, an the social aspects are great as well. Tai chi is fun, it's a great starting point for those who are less physically active.



HOW MUCH EXERCISE SHOULD I DO?



It is often recommended that people should do at least 150 minutes of activity a week, as well as strength exercises on 2 or more days a week.



Don't worry about hitting those targets straight away, we know that even a little movement is better than none.



FIND OUT MORE



Your practice pharmacist is here to support you to. You should be able to find their contact details on Your Pain Action Plan.



To find out how other people have become more physically active to help them manage their pain and reduce the opioids they take, visit www.mypainreview.co.uk.