



# Staying Active Through Disease and Recovery

## Did You Know?

Moderate levels of exercise can help improve chronic health conditions.

If you have diabetes, exercise can help control your blood sugar.

If you're suffering from arthritis, exercise can reduce pain, improve mobility, and reduce joint stiffness.



Staying active through disease and recovery is important for the body to stay strong and healthy. Commonly, individuals struggling through disease and recovery may feel frustrated, tired, and may not realize the benefits of being physically active. Listed below are some of the reasons why staying active through disease and recovery is so beneficial.

**Exercise keeps your muscles, bones and heart strong.** Keeping up your strength through disease and recovery is important for healing and recovery. Engaging in the amount of exercise that you are capable of, even if it's minimal, is beneficial to your health. Not only will it keep your heart, bones, and muscles strong, but it can also increase your energy levels.

### **Exercise improves mental health.**

Commonly, one of the most difficult parts of having a disease or recovering is feeling emotionally frustrated or depressed. When you feel this way it is especially important to stay physically active, as it can help reduce feelings of depression, stress, and anxiety. Being active can also maintain sharp thinking and improve sleep.

### **Exercise improves sleep.**

Regular exercise serves to improve sleep both in the amount of hours slept and the quality of sleep. As sleep improves so does wakefulness and energy levels, and subsequently, the ability to achieve your health and recovery goals.

If you have a chronic health condition, talk with your doctor to come up with a physical activity plan that matches your abilities. Always start slow and know your limitations. Stop exercising if you feel dizzy, nauseous, or have shortness of breath.

*Find activities that you can succeed in and stay active enjoying the healing and mood enhancing benefits of exercise!*