

# Have Fibromyalgia – Need to Get Moving



## WOMEN WITH FIBROMYALGIA NEED TO GET MOVING

Excerpt from MD News: “Exercise has an analgesic effect over time,” Merriwether told MD Magazine. “It may hurt a little bit, or even a lot, in the beginning, but once you get past that threshold it has an analgesic effect.”

“Women with fibromyalgia who are highly active (VIG) report lower pain intensity and low pain severity than moderately active (MOD) or physically inactive (SED) women,” the authors wrote.

The VIG group walked more than 10,000 steps a day!

That might seem daunting at first, but as time goes on and your pain lessens, it is an achievable goal!

Full story here:  
<http://www.hcplive.com/conference-coverage/aps-2015/Women-with-Fibromyalgia-Need-to-Get-Moving-Heres-Why>

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