

Things to consider - Movement decision at a glance

PAIN INTENSITY

SEVERE MEDIUM MILD



High Pain

Rest /grounded breathing.

Active Flare

Recharge with mindful micro-movement.

Low Energy

Restorative & easy movement.

MOSTLY  = RECOVER DAY

ENERGY LEVELS

LOW MEDIUM HIGH



Post Flare

Light easy movement.

Medium Energy

Budget your energy.
Low effort movement.

Affected Sleep

Slow stretching, light walk
light weights.

MOSTLY  = GET READY DAY

SLEEP QUALITY

POOR FAIR GOOD



Remember to Pace!

Swimming or water-based exercise, strengthening or structured exercise, sport aerobic activity, longer walk, hike outdoors, Pilates, Tai Chi, or Yoga class.

MOSTLY  = GO FOR IT DAY

Clinical guidelines recommend 150 mins per week

If possible do a combination of aerobic and strength movement (build up to 20 mins a day).

Start where you are....5 mins a day is progress.

Remember....every move counts!

