



# ENDO WARRIORS AOTEAROA: EXERCISE & ENDOMETRIOSIS

At Endo Warriors Aotearoa, we believe that exercise can play a vital role in managing endometriosis and promoting overall well-being. Engaging in regular physical activity can help reduce pain, improve mood, increase energy levels, and enhance quality of life. Here are some important tips, facts, and benefits of exercise for individuals with endometriosis. Please remember to consult your healthcare professional for personalized advice.

## 1. Low-Impact Exercises:

- Choose low-impact exercises that minimize stress on the joints and pelvic area. These may include walking, swimming, cycling, gentle yoga, Pilates, and tai chi.
- Low-impact exercises can help improve circulation, reduce muscle tension, and alleviate pain associated with endometriosis.

## 2. Cardiovascular Exercise:

- Engage in cardiovascular exercises that elevate your heart rate and increase stamina. This may include brisk walking, cycling, swimming, or using an elliptical machine.
- Cardiovascular exercise helps improve cardiovascular health, boost mood, and increase overall fitness levels.

## 3. Strength Training:

- Incorporate strength training exercises using resistance bands, light weights, or bodyweight exercises. Focus on strengthening the major muscle groups, including the arms, legs, back, and core.
- Strength training can improve muscle tone, increase strength, and support overall physical well-being.

## 4. Flexibility and Stretching:

- Include flexibility exercises such as stretching, yoga, or Pilates to improve joint mobility, reduce muscle tension, and enhance flexibility.
- Gentle stretching can help alleviate pelvic and lower back pain often associated with endometriosis.

## 5. Mind-Body Practices:

- Explore mind-body practices like yoga, tai chi, or meditation, which combine movement, breath control, and relaxation techniques. These practices can help reduce stress, improve mental well-being, and promote relaxation.

## Benefits of Exercise for Endometriosis:

- **Pain Management:** Regular exercise can help reduce pain associated with endometriosis by releasing endorphins, the body's natural painkillers.
- **Improved Mood:** Physical activity stimulates the release of feel-good hormones, such as endorphins and serotonin, which can enhance mood and reduce feelings of depression and anxiety.
- **Increased Energy Levels:** Engaging in regular exercise can boost energy levels and reduce fatigue commonly experienced by individuals with endometriosis.
- **Enhanced Quality of Life:** Exercise can improve overall physical fitness, enhance body image, increase self-confidence, and improve overall quality of life.
- **Better Sleep:** Regular exercise promotes better sleep patterns, which can positively impact overall well-being and help manage endometriosis symptoms.

## Exercise Tips for Endometriosis:

- **Listen to Your Body:** Pay attention to your body's signals and adjust the intensity and duration of exercise accordingly. It's important to avoid pushing yourself beyond your limits.
- **Warm-Up and Cool Down:** Always start your exercise session with a gentle warm-up to prepare your body and finish with a cool-down period to allow for a gradual recovery.
- **Stay Hydrated:** Drink plenty of water before, during, and after exercise to stay properly hydrated.
- **Supportive Sports Bras:** Wear well-fitted, supportive sports bras to minimize breast discomfort during exercise.
- **Modify as Needed:** If certain exercises exacerbate your symptoms, modify or avoid them. Find alternatives that are more comfortable and better suited to your needs.
- **Seek Professional Guidance:** Consider working with a qualified exercise professional, such as a physiotherapist or personal trainer with experience in endometriosis, to design a tailored exercise program.

Remember, it's important to start slowly and gradually increase the intensity and duration of your exercise routine. Be patient with your body and celebrate small achievements. Always listen to your body and consult your healthcare professional for guidance on exercise suitable for your specific condition.