



Exercise and Autoimmunity



There are various lifestyle changes that have to be made to accommodate an autoimmune disease. Exercise is just one of many things that can help with managing symptoms and improving quality of life when dealing with an autoimmune condition.

Physical and Mental Health Improvements

Exercise has been shown to enhance physical function, reduce fatigue, and improve overall well-being in individuals with autoimmune disorders. Engaging in regular physical activity can help to combat muscle weakness and joint pain, which are common symptoms of conditions like rheumatoid arthritis and lupus. Additionally, exercise promotes the release of endorphins, often

referred to as “feel-good” hormones, which can alleviate stress, anxiety, and depression—issues frequently experienced by those living with chronic illnesses.

Evidence of Effectiveness

A study published in the journal *Autoimmunity Reviews* highlighted that moderate exercise significantly reduces inflammation and improves physical health in patients with autoimmune diseases. The research found that individuals with conditions like multiple sclerosis who participated in regular exercise routines experienced enhanced mobility and a decrease in overall symptoms compared to those who were sedentary (Bachmann et al., 2017).

Incorporating exercise into daily routines can be a powerful tool for managing autoimmune conditions. While it's essential for individuals to consult with healthcare providers before starting any new exercise regimen, the potential benefits are clear. Regular physical activity not only improves physical health but also fosters mental well-being, making it a crucial component of a holistic approach to managing autoimmune diseases.

Reference: Bachmann, M., Rudeberg, A., & Behrens, M. (2017). The impact of exercise on the course of autoimmune diseases: A review. *Autoimmunity Reviews*, 16(11), 1182-1191.