What is Exercise?

Activity requiring physical effort, carried out to sustain or improve health and fitness.

Exercise has been shown time and time again to improve health, increase quality of life, decrease all cause mortality, and improve mental health.
Why exercise with Vasculitis?

What if there was a pill (I know that’s what we all want is another pill to take) that could increase your mood, reduce inflammation, decrease all cause mortality, and improve your quality of life?
Living with a rare disease can cause anxiety and depression. While medications can be helpful, studies have shown exercise to be equally as effective at reducing these feelings.

Intensity doesn’t matter! Something as simple as a walk in nature can elevate your mood!

Did you know?
Exercise increases sensitivity to the hormones serotonin & norepinephrine, which relieve the symptoms of depression
Chronic inflammation, as indicated by elevated circulating levels of inflammatory mediators such as C-reactive protein, has been shown to be strongly associated with most of the chronic diseases whose prevention has benefited from exercise.

Research has shown that exercise training may cause marked reductions in C-reactive protein levels. Each of these factors may explain directly or indirectly the reduced incidence of chronic disease and premature death among people who engage in routine physical activity.
A single bout of 20 mins of light treadmill walking can reduce inflammation markers by 5%.
Maintain Strength & Bone Density

When you are inactive your muscles (including your heart) lose strength & efficiency. Many of the medications that we take can accelerate this process.

Regular exercise, particularly weight bearing, will increase muscle mass and bone density. The greater the load, the higher the benefit.
When you exercise you stimulate your body’s recuperative process during sleep. This helps your body get into the deeper more restful & regenerative stages of sleep.

20 minutes of exercise per day over 16 weeks showed a 65% increase in sleep quality.
How do I start?

I know exercise is supposed to be good for me, but I don't know where to start.
- Talk to your Doctor
- Start slow
- Listen to your body
- Learn when to push/when to rest
- Don’t increase load from week to week by more than 10%
- Exercise with friends
- Do a variety of modalities
- Goal should be 3-4 days/week of 20 mins of exercise
- Don’t be afraid
Start slow and don't be afraid to ask for help