

Why be more physically active?

As well as the well-known wider benefits of exercise, research has shown that when exercise is undertaken, greater amounts of oestrogen and cholesterol bind to fibre to be excreted. Lowered levels of oestrogens reduce the impact of endometriosis.

More Great Reasons To Exercise:

- ∂ Health
- ∂ Metabolic and health-related fitness
- ∂ Performance-related fitness
- ∂ Fat loss
- ∂ Wellness and feeling good
- ∂ Social cohesion and economic reasons

Benefits of Moderate Exercise:

- ∂ Increased stomach acid production which helps increase the absorption of vitamins such as vitamin B and vitamin E, and minerals such as zinc and magnesium.
- ∂ Reduced oestrogen levels, which may reduce the impact of endometriosis.
- ∂ Strengthened immune system.

Exercise for Symptom Relief:

- ∂ Increased production of endorphins, natural pain-blocking substances.
- ∂ Exercise balances the production of prostaglandin hormones produced during the menstrual cycle. Some prostaglandins cause pain and uterine cramping.
- ∂ Reduced stress and depression by increasing transportation of nutrients and oxygen to cells which results in better function of protein synthesis and fat metabolism.

Physical Activity Facts:

- ∂ When you exercise in daylight and eat sufficient zinc and vitamin B6 foods, your pituitary gland functions effectively to produce the hormone signals necessary for ovarian function.
- ∂ Exercise leads to relaxation, a healthy diet and stress reduction.

Overstressing the Body:

- ∂ Never stress the body with too much exercise.
- ∂ Over-exercising uses up vitamin B, Zinc, and Magnesium - the very nutrients the pituitary and ovary most require.

Too much sitting is hazardous to your health:

For both health and obesity outcomes the evidence is clear: *the amount of time spent sitting is part of the problem.*

- ∂ Sitting induces muscle inactivity
- ∂ Obesity and metabolic syndrome has been linked to sitting time

What you can do:

- ∂ Move more, sit less; fidget more, don't sit still
- ∂ Get up and down at least once every 15 minutes
- ∂ At least once every half an hour, get up and move your feet around a bit
- ∂ At least once an hour, walk around a bit
- ∂ Take the long way around

A little bit is better than nothing:

- ∂ Regard every chance to move as an opportunity; not an inconvenience
- ∂ Look for the more active option in everything
- ∂ Movement adds up like loose change
- ∂ Take exercise regularly not seriously
- ∂ Just get moving - get off the couch

What type of exercise?:

Moderate exercise = puffing + elevated heart rate + feeling of warmth
Exercise at a level with which you can cope, good examples are:

- ∂ Gentle walking
- ∂ Pleasurable swims
- ∂ Low impact exercise
- ∂ Resistance exercise (body weight exercise)
- ∂ Zumba Gold

As little as five minutes of 'exercise' or physical activity is health enhancing

- ∂ Put together 30 minutes of MODERATE physical activity or exercise at least FIVE, and preferably ALL days of the week. And remember: a little bit IS better than nothing.

Adapted from information supplied by Zoe Blair of Sport Waikato

Suggested reading:

Insight Endometriosis Fact Sheet Series (available on the website or phone for copies).

- “Endometriosis: A New Zealand Guide” by Andrea Molloy (2006)
 - *Insight Endometriosis has copies in the lending library*

For more information: visit InsightEndometriosis.org.nz [Facebook.com/InsightEndometriosis](https://www.facebook.com/InsightEndometriosis)
or contact our Educator, Annette: ph 07 8555 123 email info@insightendometriosis.org.nz
