



Exercises for Fibromyalgia: The Complete Exercise Guide for Managing and Lessening Fibromyalgia Symptoms

William Smith

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Fibromyalgia is a debilitating condition, yet medical opinions are divided as to its cause and how it should be treated. Is it a neurological or a physical ailment? Should you treat the muscles or the mind? The correct answer is to treat both. Improving overall fitness while reducing anxiety and stress is the key to reducing your fibromyalgia symptoms and improving your daily functioning.

Exercises for Fibromyalgia is tailored to improve your fitness and energy levels without strain or stiffness. With a focus on exercises designed to relieve pain and improve sleep for fibromyalgia sufferers, you will find yourself feeling better each day, as your strength increases and your soreness decreases.

Combined with effective techniques proven to relieve stress and improve your sleep habits, *Exercises for Fibromyalgia* makes sure your mind and body both benefit from a healthy lifestyle.

Exercises for Fibromyalgia also includes:

- An overview of living with fibromyalgia and the benefits of exercise
- Clear, informative pictures of safe, effective exercises
- Detailed instructions on how to perform each exercise
- A complete exercise approach to reduce stress and improve fitness
- A training log to track progress

Having fibromyalgia doesn't mean having to give up doing the things you love, or having to live with aches and pains for the rest of your life.

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