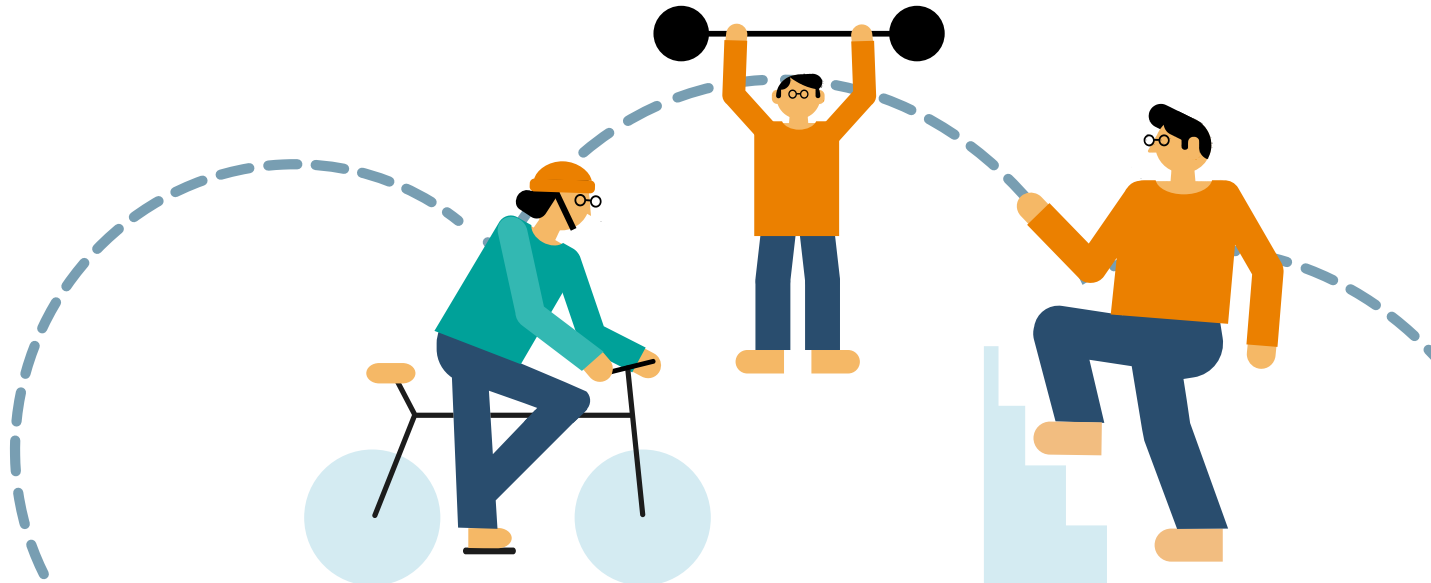


Movement Is Medicine



ILLNESS, SYMPTOM	OBJECTIVE	FORM OF EXERCISE
Stress symptoms, depression, anxiety, sleep disorders	<ul style="list-style-type: none"> • general maintenance of physical condition • releasing psychological tensions • strengthening physiological safety mechanisms that adapt to stress 	<ul style="list-style-type: none"> • walking, Nordic walking, water exercise • breathing and relaxation exercises. Exercise and relaxation boost each others effects • moderate stress in difficult exhaustion
Rheumatic illnesses, muscle and joint pains, fibromyalgia	<ul style="list-style-type: none"> • pain management • maintaining the strength and mobility of the musculoskeletal system 	<ul style="list-style-type: none"> • relaxation methods • group exercise • water exercise • pain-free gymnastics, stretching
Back, neck and shoulder issues	<ul style="list-style-type: none"> • maintaining strength of the core muscles • maintaining mobility • releasing muscular tension • improving muscular co-ordination • improving load tolerance 	<ul style="list-style-type: none"> • regular, simple exercise even during the working day • improving muscular strength, e.g. with circuit training • learning postures that reduce load • Nordic walking • Pilates
Illnesses of the respiratory and circulatory systems Diabetes and metabolic syndrome	<ul style="list-style-type: none"> • managing risk factors (fats, sugar, obesity) • improving sleep quality • maintaining the functional capacity of the heart, lungs and the circulatory system • strengthening the muscles used in breathing and breathing mechanics • improving endurance 	<ul style="list-style-type: none"> • endurance exercise (walking, Nordic walking, swimming, cycling) • varied gym exercises for different muscle groups at 40–50% of maximal capacity • yoga, taiji, breathing exercises, Pilates