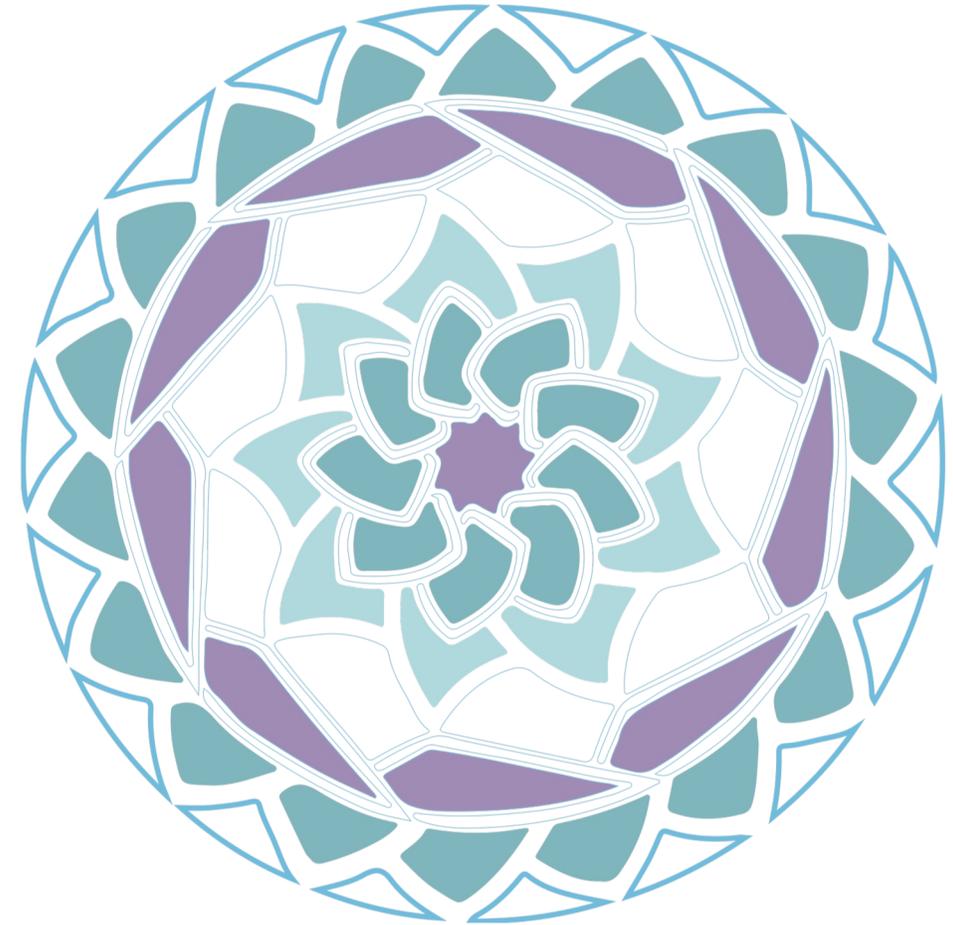


How to start exercising when you have fatigue

Pamela Rose Fatigue Coaching



What we'll cover today

Objective: To allow you to spot when it's the right time to approach incorporating exercise into your fatigue rescue plan, and how to ensure this goes as well as it can!

- How to spot when the time is right to start thinking about moving more
- Prioritising the right things
- Types of movement & exercise that tend to go well for most
- The importance of confidence
- My tried and tested method for starting to exercise again!



First, some important points!

- This can be a tricky milestone for many to navigate
- As some of you might already have discovered
- Finding a way to approach confidently is so important
- Don't feel pressured to exercise until you're ready
- No two journeys are the same – make decisions that are right FOR YOU
- Exercise/getting outside more is the goal, but trying to do too much too soon only prolongs your recovery journey.



How to spot when the time is right

- It's important to accept that it has to be the right time for you
- It's usually the case that someone needs to be a fair way along their journey
 - Stage 1 – figuring things out (alas, often takes longer than it should)
 - Stage 2 – finding a steadier consistent state
 - **Stage 3 – real improvements are being achieved**
 - Stage 4 – boosting and continuing until you're back
- It's vital to have found, and maintained, your baseline for a considerable time



How to spot when the time is right (2)

- Markers of being at baseline:
 - Symptoms consistently low level
 - No instances of reactive rest
 - Warning signals are rare
 - End of day feels pleasantly tired, not horribly depleted
- I suggest someone works on building their baseline with non-exercise activity before they start to consider adding endurance-building movement.



Making sure this is the correct priority

- Separate desire from reality!
- Is your previous identify pushing you too soon?
- Are you already able to do helpful basic tasks again?
- What's the bigger picture?
 - E.g. The need to return to work imminently
- Don't be pushed into it by someone else – a loved one, well-meaning practitioner

Every journey is different. Do what's right for YOU.



Types of exercise that go well for most

- Start with moving more
- Stretching/yoga can be a helpful early start – but take it slowly and check it feels right. Online classes are great, but have additional energy demands
- Walking tends to be the best way to initially build up your endurance
- Swimming is lovely – but has its drawbacks!
- Cycling is more demanding, helps to use a stationary bike first

Others:

- Rebounders – tend to be too overstimulating until further in journey
- Weights – do some gentle tests to see if this feels okay. Many find that cardio needs to come back first.



The importance of feeling confident

- It's so helpful to feel truly confident about starting to move more
- Don't worry if it hasn't gone well in the past – learn from that!
- Best ways to feel confident:
 - Be as sure as you can be that the timing is right
 - Go forwards 'curiously' at first!
 - Start small and build slowly – you can do larger increments in time
 - Stay close to home at first
 - Be HONEST – never push, spot any post-exercise flares and adjust
 - Plan a programme/approach that feels smart
 - Use positive self-talk if the above is in place but you're not confident enough



My suggested walking programme

Important note: This is for guidance only – please give careful consideration to what's right for YOU.

- You can use my approach for any form of exercise. But as most do start with walking, that's what I've used to illustrate
- Duration seems to be a better marker of progress than distance or steps
- Choose a smart starting point. This is often only a minute or two at first
- Start with only walking every 4th day (PEM confidence!)
- It might feel a bit uncomfortable to your system at first – that's ok, as long as that's all it is. This should settle fairly quickly.

(cont'd)



My suggested walking programme (2)

- Your initial goal is 4 x comfortable walks in a row, with no PEM
- This might take a while at first – don't be disheartened!
- Once you've achieved your goal, you can increase that walk (perhaps by 1 minute)
- Same goal of 4 x comfortable walks in a row, with no PEM
- Keep this pattern building until you've got that every 4th day walk up to 10 minutes
- Then bring in an additional day – i.e. walking every other day
- Starting this new day small and building it up



So at first it would look like...

Monday: 2 min walk

Tuesday: no walk

Wednesday: no walk

Thursday: 2 min walk

Friday: no walk

Saturday: no walk

Sunday: 2 min walk

....until you've achieved 4 comfortable walks in a row with no PEM.



Next step would be...

Monday: 3 min walk

Tuesday: no walk

Wednesday: no walk

Thursday: 3 min walk

Friday: no walk

Saturday: no walk

Sunday: 3 min walk

....until you've got your walk up to a comfortable 10 minutes. Then...



When you're up to 10 minutes....

It's time to add an additional walk! This would look like:

Monday: 10 min walk

Tuesday: no walk

Wednesday: 2 min walk

Thursday: no walk

Friday: 10 min walk

Saturday: no walk

Sunday: 2 min walk

...building that 2 minute walk up to 10 minutes. By which time you're walking 10 minutes every other day. Brilliant!! From there you'll feel much stronger and confident about next steps.



Helpful resources

- Suzy Bolt Yoga and Meditation for covid recovery:
<https://www.youtube.com/@suzyboltyogaforlongcovid>
- Yoga with Sarah J Collins: <https://www.youtube.com/@YogaWithSarahJCollins>
(her Yin yoga has been particularly recommended by clients of mine)
- Luke's interview with Raelan Agle:
<https://www.youtube.com/watch?v=W6oCULLDb9E>

Use code 'EXERCISE' to get your £10 ticket price from today discounted from these further sources of help from me:

- My pacing course: <https://pamelarose.podia.com/fatiguereset>
- My Festive Fatigue Rescue programme: <https://www.pamelarose.co.uk/festive23>

Q&A

