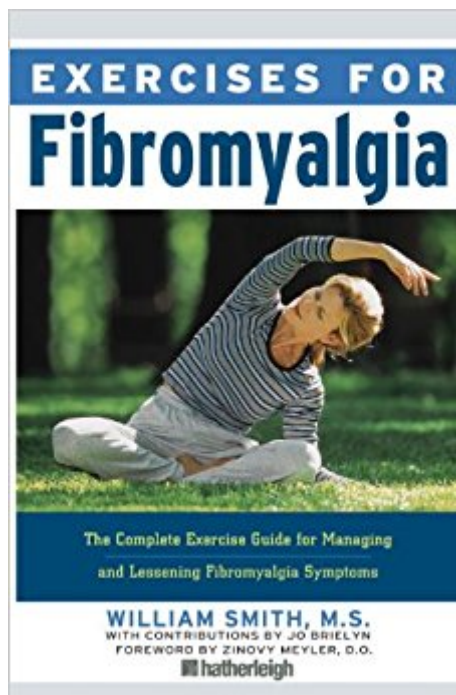


The book was found

# Exercises For Fibromyalgia: The Complete Exercise Guide For Managing And Lessening Fibromyalgia Symptoms



## Synopsis

Minimize Pain, Maximize Results, and Take Back Your Life 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.

## Book Information

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## Customer Reviews

There are very few books and very few trainers/masseurs who are familiar with fibromyalgia and it's

special needs. This book offers effective and easy exercises that if one as directed and as frequently as directed, have a positive impact without fibro flare-up.

These are stretches fibro needs to help control it. You can start with 1 each of the movements and gradually work your way up to more. On a bad day just do a few of your favorites till you can go back to where you left off. Helps keep you loose and your blood flowing.

Up to date, comprehensive and concise; helpful for a sufferer. A relatively short book; but complete in its coverage of the important basic facts of fibromyalgia and coping with it.

I waited a long time to get this book, and when I finally did, I was pleased and impressed with the content. It has relevant and current info about fibromyalgia, and the exercises are gentle and appropriate. One of my favorite things about this book is the pictures of the exercises. They feature "regular" people who look like they could actually have fibromyalgia rather than fitness buffs or people who can obviously do cardio/weight training, and all of the exercises are done on appropriate pillows/padding for a fibro body. It's perfect. I am looking forward to utilizing this book as much as I can.

This book was not very helpful. Most exercises were too difficult for an older person. Requiring the use of props (roller, exercise ball, Therabands and weights) made this book even less practical. It might be good for someone who's already in good shape!

The book reviewed the basic exercises that we should be doing every day. It also encourages walking as exercise, keeping track of the amount of steps walked in one day. Good inspiration

This is a very interesting book. The exercises aren't too hard to do and they make me feel more energized throughout the day.

This book was a disappointment to me. The majority of the strength training exercises requires the use of an exercise band, with another person (such as a physical therapist) holding one end of the band. It seems the purpose of the book should have been to demonstrate exercises with thorough instructions, that can be easily be done at home solo. Also, I was surprised at how many exercises included lunges, which is hard on the knee joints. If I had not accidentally bent the cover while

looking at the exercises, I would have returned it.

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