

# FIBROIDS

AND

EXERCISE



Research has shown that exercise significantly reduces a woman's risk of developing fibroids. Exercise might also be helpful if you already have fibroids, it may alleviate your symptoms.

## WHY? EXERCISE?

The growth of fibroids is stimulated by the hormones oestrogen and progesterone. Exercise is good for fibroids because it can:

- Reduce your oestrogen levels
- Balances your hormones
- Help reduce your body fat

By reducing and balancing your hormones, exercise may slow the growth of your fibroids, possibly shrink them, and thus alleviate your symptoms.

## BODY FAT AND OESTROGEN

There is a link between body fat and oestrogen, fat cells can produce oestrogen and research has shown that women who are obese have higher levels of oestrogen than women who are a healthy weight.



## OTHER BENEFITS OF EXERCISE ARE IT:

- Improves your energy levels
- Helps with anxiety and depression
- Improves your mood
- Improves your overall health
- Strengthens your muscles, bones and joints

## WHAT CAN YOU DO?

You should consider introducing more exercise into your routine.

Before you start, here are some points to consider:

Speak to your doctor to ensure that any exercise you do will be safe.

Everyone is different, what works for one may not work for another.

It may take longer than usual to see the benefits of exercise.

Your overall aim is to adopt a healthy lifestyle.

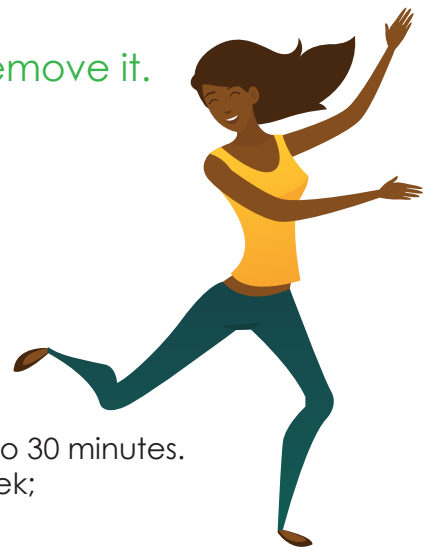
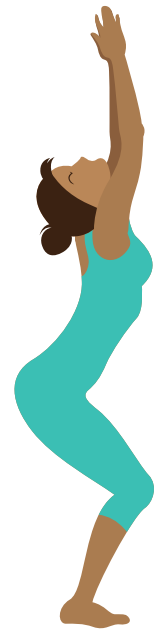
Your symptoms may make exercise difficult. Symptoms like tummy pain, heavy periods and anemia may restrict the type of exercise you can do.

“ Whilst we tend to look outside self for answers, ultimately you are the expert of your body. If the exercise doesn't feel right, adapt it or remove it. One size will never fit all.

**Candice Bryan**, Founder and CEO,  
Noire Wellness

## GETTING STARTED

1. **Start slowly.** Aim for a 10-15 minute session each day then work up to 30 minutes. The recommended amount of exercise is at least 150 minutes a week; this should be your ultimate goal.
2. Try **low impact cardiovascular exercises**, such as swimming, cycling, walking and dancing. High impact exercise may aggravate your symptoms.
3. Include some **gentle strength training exercises** such as mini squats, yoga and leg lifts.





## WHAT CAN YOU DO?

4. Don't forget to include some **relaxation exercises**, not only will this be enjoyable but it will help reduce your stress levels.

Relaxation exercises include breathing techniques, massage, aromatherapy, music and art therapy and Tai Chi.  
Positive affirmations and meditation also work well.

5. **Set goals.** Setting exercise and fitness goals are a good way to keep you on track.

### TIP:

If you have large fibroids it's best, and more comfortable, to avoid sit-ups, stomach exercises and high-impact exercises.



For information on fibroids in general please contact Lake Health and Wellbeing.  
We have the following information and resources which you may find useful:

Fibroids Ask the Expert Panel  
Fibroids Booklet  
Fibroids blog series  
Fibroids Fact Sheets



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[www.lakehealthandwellbeing.com](http://www.lakehealthandwellbeing.com)

For support on getting started with exercise to alleviate your fibroids symptoms, please contact **Noire Wellness**



[info@noirewellness.com](mailto:info@noirewellness.com)



[www.noirewellness.com](http://www.noirewellness.com)