

Gentle Movement Guide

Movement does not have to be intense to matter.

Start where you are today.

When living with fibromyalgia or chronic pain, the goal is not to push through pain or keep up with anyone else. Gently introduce movement and give your body time to adapt.

Gentle Movement Options

Aqua Therapy Water supports the body and can allow gentle movement with less pressure on joints and muscles.	Chair Yoga Stretch, breathe, and move while seated or while using a chair for support.
Bed Yoga On difficult days, movement can happen right in bed. Even one gentle movement counts.	Gentle Walking Begin at a comfortable pace and with a very short amount of time.
Tai Chi Slow, flowing movements that combine movement, balance, awareness, and breath.	Qigong (Chi-gong) Gentle movement, breathing, and mindful awareness practiced at your own pace.
Dancing Put on a favorite song and move in whatever way feels good - standing or seated. Even part of one song counts.	

Start Small. Build Slowly.

Week 1: Try just **5 minutes** of gentle movement - or less if that is where your body is. If five minutes feels like too much, start with **2 minutes**. For bed yoga, you might begin with **one movement**. That is enough.

Stay at your starting level until your body feels ready for more. Then gradually add another movement or another minute or two. There is **no required timeline** for increasing. Some people may build weekly; others may need several weeks at the same level.

Build From Your Own Starting Point

A gentle example - not a deadline or a requirement.

Starting point	Example
Very limited day	1 bed-yoga movement, a few seated stretches, or 1-2 minutes of movement.
Beginning gently	About 5 minutes of chair yoga, walking, tai chi, qigong, aqua movement, or dancing.
When that feels manageable	Add 1-2 minutes, one additional movement, or a little more of the activity.
As capacity grows	Continue gradually. You do not have to increase every week.

A Few Gentle Reminders

- Choose the movement that fits **today's** energy and comfort level.
- A smaller amount done comfortably can be more useful than doing too much and needing a long recovery.
- Rest days and lower-movement days are part of the process.
- You can switch activities. A walking day can become a chair-yoga day; a dancing day can become one bed-yoga movement.
- Notice how your body responds during the activity and afterward, and use that information to guide your next step.

Your starting point is your starting point.

Five minutes counts. Two minutes counts. One stretch counts. Dancing to half a song counts.

Gentle consistency can grow over time.

Fibromyalgia & Friends Wellness Circle

This guide is for general wellness education and is not individualized medical advice. If a movement causes new, severe, or concerning symptoms, stop and seek appropriate medical guidance.