

Exercise can positively impact both your mental and physical health, which can be life changing for those living with migraine. There is strong research e.g., "showing" routine exercise can help to reduce the severity and frequency of migraine attacks.

Exercise is a lifestyle modification you can make to help in management of migraines without adding more medications to your treatment plan. It is a free change that you can personally manage at home and is in your complete control. Routine exercise can also positively impact the following:

- **Reduce stress:** Stress is a common trigger for migraine.
- Help regulate sleep: Disrupted or inadequate sleep is a common trigger for migraine.
- Increase your endorphin levels: Endorphins are hormones that elevate your mood and create positive feelings. This can greatly help those who are battling anxiety and depression, which are very common among those living with migraine.
- Help fight obesity: A body mass index of 30 or greater increases your risk of developing migraine by 50 percent.

Physical activity is broken down into four basic categories. It has been shown that a mixture of all four types will yield you the best results in your overall health:

• Endurance (aka aerobic exercise): walking, jogging, swimming, biking, yardwork, dancing, etc.

- **Strength:** lifting weights, using a resistance band, using your own body weight, etc.
- **Balance:** standing on one foot, heel-to-toe walk, tai chi, etc.
- **Flexibility:** yoga, Pilates, stretching exercises from physical therapy, etc.

A simple and impactful way for beginners to build an exercise routine is to start by briskly walking a few minutes every day. As time goes on, increase your speed and/or distance little by little until you are meeting the American Heart Association recommendation, which is physical activity at least 30 minutes a day and five days a week.

If you are new to exercise, start out slow and pace yourself.

Don't forget to eat a small and nutritious snack before you exercise. This will help prevent your body from going into a state of hypoglycemia (low blood sugar) and will give your body the proper energy it needs to get you through the exercise. Entering the hypoglycemic state can be a trigger for migraine.

Don't forget to drink plenty of water before, during and after exercising. The recommendation is for women to drink at least 84.5 ounces (2.5 liters) per day and men to drink at least 118 ounces (3.5 liters) per day. Dehydration can be a trigger for migraine.



# Yoga Studios

# **Grand Rapids**

## The Yoga Studio

959 Lake Drive SE, Suite 206, Grand Rapids, MI 49506 616.776.0836 | gryoga.com

#### **AM Yoga**

555 4th Street NW, Suite 200, Grand Rapids, MI 49504 616.855.4464 | amyoga111.com

#### Yoga Fever

1154 Wealthy Street SE, Grand Rapids, MI 49506 616.805.3603 | yogafevergr.com

## **Cascade Yoga Studio**

5060 Cascade Road, Suite G, Grand Rapids, MI 49546 616.464.1610 | cascadeyogastudio.com

#### **Jenison**

## **Inspire Yoga Studio**

302 Baldwin Street, Jenison, MI 49428 616.457.1168 | inspire-yoga-studio.com

#### Grandville

#### Peace Lab Yoga

5570 Wilson Avenue SW, Suite M, Grandville, MI 49418 616.745.0310 | peacelabyoga.com

#### Holland

## Funky Buddha Yoga Hothouse

12330 James Street, Holland, MI 49424 616.392.3225 | yogahothouse.com

## Bodhi Tree Yoga & Wellness Studio

208 W. 18th Street, Holland, MI 49423 616.392.7580 | mibodhitree.com

#### Rockford

#### **OMG!Yoga**

251 Northland Drive NE, Rockford, MI 49341 616.901.7229 | omg-yoga.com

#### **Top Notch Studio**

8450 Algoma Avenue NE, Suite A, Rockford, MI 49341 616.690.2423 | topnotch.studio

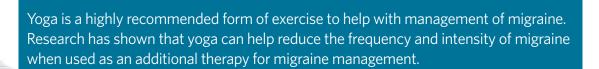
#### Kalamazoo

## **Down Dog Yoga Center**

316 S. Kalamazoo Mall #108, Kalamazoo, MI 49008 269.993.2486 | downdogyogacenter.com

#### Sanctuary Yoga

1919 Stearns Avenue, Kalamazoo, MI 49008 269.598.2083 | sanctuary-yoga.com



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