

Exercise and Migraine



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



Yoga is a highly recommended form of exercise to help with management of migraine. Research has shown that yoga can help reduce the frequency and intensity of migraine when used as an additional therapy for migraine management.

References

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