

Physical exercise can help to release tension and improve your overall level of health. Daily low impact activities can help people with hepatitis C to build their fitness. Start with simple things like bicycle riding—ride a little further each day/week, get off the bus one stop earlier and walk the rest of the way home, or take short walks and increase the distance you walk each day/week.

Don't overdo it. Your immune system needs adequate rest so listen to your body and take it easy if you feel ill or need rest. If you suffer from ongoing fatigue download the **Hepatitis C: symptom management factsheet** on this site for ideas on how to manage fatigue and consult your doctor if it persists.

Examples of moderate exercise include:

- swimming or water aerobics;
- walking—meet with a friend and you'll be less likely to pull out;
- play a game of golf;
- yoga can be good option if you only have a small space to exercise e.g. inner city apartment or prison cell;
- take the dog for a walk;
- gardening—plant some herbs to flavour your dinner;
- kick the ball around with the kids in the backyard; and
- walk rather than rest on escalators.

For more information

For further information on hepatitis C please contact the national infoline 1300 HEP ABC (1300 437 222). The infoline diverts to information and support lines at your local state or territory hepatitis council.

Some of the information on hepatitis C above has been abridged from various resources, these resources include:

National Guide Physical Guidelines for Adults (Department of Health & Ageing)—Download brochure from Publications section of www.health.gov.au

Moving on After Treatment (Hepatitis Australia)—can be ordered from your local Hepatitis Council (ph. 1300 437 222) or download PDF from www.hepatitisaustralia.com

Living with Hep C—Starting to Exercise fact sheet (Hepatitis Council of WA)—Download PDF from www.hepatitiswa.com.au/fact_sheets.html