



# Exercise at Home Is Linked With Reduced Fatigue in People With HIV

Study shows home exercise can improve quality of life.

October 18, 2016

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People with HIV who engage in home-based exercise may lessen fatigue as a result.

Publishing their findings in the *Journal of Advanced Nursing*, researchers studied 90 HIV-positive adults between December 2012 and April 2013. They measured the participants' home-based physical activity with a seven-day self-report diary, their fatigue with the self-reported HIV-Related Fatigue Scale, their sleep through a wrist device and their quality of life through the HIV-Associated Quality of Life Scale.

The number of minutes spent engaged in home-based physical activity was significantly associated with lower fatigue among the study participants. Increased fatigue was linked with decreased quality of life. Fatigue levels were not associated with sleep or gender.

“Future work developing and testing interventions to improve home-based physical activity in this population is needed,” the authors concluded.

To read the study abstract, [click here](#).

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