Exercise Is Linked to Lower Fatigue

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Getting regular exercise may be a good way for people with HIV to combat fatigue.

Researchers studied 90 HIV-positive adults between December 2012 and April 2013. They had the participants keep a seven-day diary about their physical activity, assessed their fatigue levels and quality of life and tested their sleep quality using a wrist device.

The number of minutes spent engaged in physical activity—anything that involved physical motion and the use of energy—was tied to lower fatigue among the study participants. People who had more fatigue were more likely to have a lower quality of life.

“A person living with HIV should have at least 150 minutes of moderate intensity exercise per week,” advises the study’s lead author, Allison Webel, PhD, RN, an assistant professor of nursing at Case Western Reserve University. “This can range from power walking to more intense activities.”

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