



Feel Stronger, Live Better: The Role of Exercise in HIV Wellness

Exercise offers powerful benefits for people with HIV, from boosting heart health and energy to supporting mental well-being.

January 23, 2026 By [HIV.gov](https://www.hiv.gov)

Movement supports more than just your body—it can improve mood, boost heart health, and help you feel stronger at every stage of HIV care.

Living well with HIV means caring for your whole self, not just your immune system. One powerful way to take an active role in this journey is through movement. Exercise can boost your energy, improve your mood, and strengthen your body. Whether you're newly diagnosed or have been managing HIV for years, physical activity can help you feel stronger, more confident, and more in control of your well-being. Remember—even small changes can have a big impact.

Why Move?

Exercise offers many benefits for people with HIV:

- Boosts energy and mood
- Supports heart health
- Strengthens muscles and bones
- Lowers cholesterol and blood pressure

Exercise isn't just about physical health—it can also improve sleep and mental well-being, and improve your overall quality of life.

Tips for Getting Started or Re-starting

- Talk to your provider before starting a new exercise routine, especially if you have other health conditions.
- Start slow and build up gradually—listen to your body.
- Choose activities you enjoy: walking, stretching, dancing, or working out with a friend.

- Break up your activity into shorter chunks if needed. Even 5-minute walks add up.
- Make it part of your routine—set reminders or pair exercise with music, podcasts, or favorite shows.

Overcoming Barriers

If you're finding it tough to get moving—whether it's fatigue, joint pain, a busy schedule, or not having a safe place to exercise—you're not alone. Try low-impact activities like yoga or water aerobics, check out online workout videos that you could do at home, or reach out to your care team for guidance and encouragement. Every little bit helps.

You don't need a gym membership or fancy equipment—just a plan that works for you.

Looking for more information on living well with HIV? Visit our [Exercise and Physical Activity page](#) to learn more.

This [HIV.gov blog post](#) was published on January 22, 2026.