

Movement and Migraine

Find ways that movement helps, not hurts, your migraine.

Why

Movement is such a powerful tool to improve migraine that it's been shown to be just as effective as medications for migraine. What's more, a lack of movement is correlated with more frequent migraine attacks. Yet up to 57% of people with migraine report that exercise either worsens or triggers an attack. What are you supposed to do?

What

Movement for migraine involves any activity that sets your body in motion. It is not just vigorous exercise. It includes physical activity that feels good and allows you to progress steadily. Walking to your mailbox, a morning stretch routine, gardening or even dancing — all movement counts. And there's no rule saying it can't be fun!

How

Find your movement **FITT (Frequency, Intensity, Time, and Type)** that works for your migraine. Slowly and steadily build up to 30-40 minutes of moderate aerobic exercise, three times per week, which is correlated with decreased migraine attack severity and frequency.

Take the next step:

Review the guide below and identify your starting point for each area.

Frequency

How often should you move?

Find the days and times that work for your life with migraine. For example, if you're prone to attacks upon waking, plan your movement for the afternoon or evening. Build up to moving your body at least three times per week.

Intensity

How difficult should your movement be?

Consider your past experience and current comfort level. You should be able to carry on a conversation or aim for an exertion level of 13-16 out of 20.

Time

How long should you move?

Based on your current fitness level, anywhere between two and 45 minutes. If you are new or returning to movement after a break, start with **between 1 and 5 minutes** of activity and add a few minutes each week. Most studies show moderate aerobic movement for at least 30 minutes has benefits for migraine and overall health.

Type

What kinds of movement work best for you?

This is all about your preferences. Do you prefer outdoors or indoors? Equipment or no equipment? Would you rather do yoga or take a walk? Work with what you like!

Remember, there is no movement too small and every step counts — literally!

There is progress ahead. Sign up for your free 2-week app trial to try these activities and more at ctrlmhealth.com.

