

## **Balancing Act: Lupus, Activity and Rest**

### Lupus Fact Sheet

This article addresses the complexity of balancing rest and exercise. Lupus can often leave you feeling fatigued and tired and it is important to take time out to rest, but you still need to stay physically active. Low impact exercise options like walking, aquatics, yoga or tai chi may be a good fit for you. In addition to exercise, travel can also cause fatigue. Planning, going, seeing and doing can all result in a stressful, rather than a relaxing vacation. This article provides tips on how to balance travel, exercise and rest to maintain good health.