

Exercise is Important for Optimal Health in People with Thalassemia

Exercise provides a number of important physical benefits including increased bone strength, increased muscle strength, and increased energy and stamina. It also offers mental health benefits such as reduced anxiety and depression, improved sleep, and improved mood.

Even a little moderate exercise every day may help to reduce the long-term risk of fracture or osteoporosis in people with thalassemia. Regular exercise may also help to increase your overall physical and emotional health.



Work with your doctor to come up with a physical activity plan that matches your abilities – especially if you have a history of pain, osteoporosis, or fracture – to reduce the risk of injury.

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