LIPEDEMA is a chronic, progressive and painful adipose tissue disorder thought to affect around ten percent of the female population in America. Lipedema, also called lipoedema, was first described by Doctors Allen and Hines of the Mayo Clinic in the 1940’s. Almost 80 years later, the condition is often mistaken for ‘obesity’ based on BMI.

“...
I can’t seem to lose weight on my legs and bum, no matter what I do. I can’t find clothes to wear – I am different sizes on the top and bottom. My family tells me I have my grandmother’s legs.

“...
LIPEDEMA QUICK FACTS:

- Not well known in either the western medicine or by the general public.
- There may be a hormonal component, because symptoms may worsen after puberty, birth control, childbearing and menopause.
- Excess adipose tissue collects on the lower half of the body except the feet.
- People with lipedema are pear shaped and the lower body looks much larger than the upper body, almost like the top half of the person doesn’t belong on the bottom half.
- Lipedema can also affect the upper arms and in some cases, everywhere in the body.
- The skin on the legs may feel smooth or underlying tissue may have a nodular or ‘beanbag’ like feeling.
- In more advanced stages, skin may have a texture like an orange peel or a mattress.
- The skin itself may feel cool to the touch.
- Areas with lipedema tissue may bruise easily and be tender to the touch.
- Lipedema adipose tissue can impair one’s ability to walk easily and comfortably.
- A lot of people with lipedema also have hypermobility.
- Many people with lipedema will have struggled with an eating disorder.

HOW CAN COMPLEMENTARY MEDICINE HELP?

Reich-Schupke, Altmeyer & Stucker (2012) state that the goal of conservative treatments for lipedema are “improvement of the subjective symptoms, prevention of progression of lipedema and prevention of the development of lipolymphedema.”

Conservative treatment can help a client with lipedema to:

- reduce pain and inflammation
- improve the lymphatic pump
- affect psychosocial wellbeing
- guide intuitive eating
- make mobility and physical activity a pleasant experience
- improve skin care and protection

For more information, read ‘Thick legs – not always lipedema.’ JDDG: Journal Der Deutschen Dermatologischen Gesellschaft, at:

WHEELCHAIR OR SEATED MOVEMENT EXERCISES

### Basic Cardio Workouts

Easy to follow, nicely filmed cardio workouts

1. Sparkpeople’s Cardio Workout
   - 11 minutes
   - No equipment needed

2. Nestle’s Beginner Chair Exercise
   - [https://www.youtube.com/watch?v=jaDa2mV-P30](https://www.youtube.com/watch?v=jaDa2mV-P30)
   - 10 minutes
   - No equipment needed
   - Basic movements

3. Nestle’s Intermediate Chair Exercise
   - [https://www.youtube.com/watch?v=VL4akwd_djk](https://www.youtube.com/watch?v=VL4akwd_djk)
   - 10 minutes
   - Still pretty basic movements, but with weights
   - You need dumbbells for this one

### Chair Dancing

Jazz up the workout with dance. All 3 videos are from Fuzion Fitness.

No equipment needed.

4. [https://www.youtube.com/watch?v=V4XW74W9t4o](https://www.youtube.com/watch?v=V4XW74W9t4o)
5. [https://www.youtube.com/watch?v=tooue2KCQ4Q](https://www.youtube.com/watch?v=tooue2KCQ4Q)
6. [https://www.youtube.com/watch?v=d43bXn76lxw](https://www.youtube.com/watch?v=d43bXn76lxw)
Chair Zumba

Short routines to use for warming up prior to functional activities, or combined with other videos

7. Dance to “Rain Over Me” – Pitbull featuring Mike Anthony
   ✔️ https://www.youtube.com/watch?v=pUjTaCDdupY
   ✔️ 3 minutes
   ✔️ Fun routine, lots of chest stretching

8. Dance to “Waka Waka” – Shakira
   ✔️ https://www.youtube.com/watch?v=DptDR-vbr7k&list=RDpUjTaCDdupY&index=2
   ✔️ 3 minutes

9. Dance to “Glad You Came” – The Wanted
   ✔️ https://www.youtube.com/watch?v=bC95KvFncCE
   ✔️ 3 minutes

Purely/Mostly Arm Workout

10. Dance to “Dance on the Floor” – J-Lo featuring Pitbull
    ✔️ https://www.youtube.com/watch?v=JqlRGLPlJ7A&list=RDpUjTaCDdupY&index=5
    ✔️ 4 minutes

11. Sparkpeople’s Seated Upper Body Toning Workout:
    ✔️ http://www.sparkpeople.tv/video.asp?id=645
    ✔️ 9 minutes
    ✔️ Dumbbells needed
Makes you feel like you went to the gym. Combined focus on strength and endurance. They all include arm, leg and trunk exercises.

12. Sparkpeople’s Resistance Band Workout
   - [Link](http://www.sparkpeople.tv/video.asp?id=671)
   - 20 minutes
   - As per the name, you’ll need a resistance band

13. Adapt to Perform High Intensity Interval Training
   - [Link](https://www.youtube.com/watch?v=tywMKg1vPMo)
   - 20 minutes
   - Dumbbells needed

14. Seated Wheelchair Workout by Gwee Gym
   - [Link](https://www.youtube.com/watch?v=hv-1d1db_9U)
   - 20 minutes
   - Need resistance tubes or bands

15. 23-Minute Chair Workout by HASFit
   - [Link](https://www.youtube.com/watch?v=azv8eJgoGLk&t=424s)
   - Dumbbells or bottles of water
   - Full body workout with light weights – just like lifting weights in the gym
   - No music

16. 14-Minute Chair Workout by HASFit
   - [Link](https://www.youtube.com/watch?v=fbPPtOcBjZY)
   - Like above, but shorter
17. Chair Exercises by Glucosezone

- https://www.youtube.com/watch?v=BSnYWQqtPy8
- 30 minutes
- Designed for individuals with diabetes, but really great for anybody
- Great focus on arm exercises with weights
- With visuals popping out on either sides with the name of exercise, body part exercised and perceived exertion, among others

18. Super Hero Fitness’ Full Body Chair Workout

- https://www.youtube.com/watch?v=FmF5uw-3PJw
- 10 minutes

**Core Workouts**

Focused on abdominals and other core muscles.

19. Sparkpeople’s Core Workout


20. Adapt to Perform Abs/Core workout

- https://www.youtube.com/watch?v=P_DprhqR4uo
- 7 minutes
- Needs resistance band and medicine ball/dumbbell (something you can hold with both hands)

**Flexibility Routines**

Focused on abdominals and other core muscles.

21. Sparkpeople’s Desk Stretches

- Quick 1.5 minute routine
22. Inclusive Yoga for Individuals with SCI

✅ https://www.youtube.com/watch?v=5FxIbzdBzA
✅ 30 minutes
✅ Yoga mat, stretching straps needed
✅ Designed for individuals with spinal cord injury, but useful for many
✅ Full yoga routine with lots of good stretches
✅ Starts in a wheelchair then transferring to a yoga mat

More resources and websites to check out!

✅ https://ablethrive.com/activities/fitness
✅ http://101mobility.com/blog/wheelchair-exercises/
✅ https://danafalsetti.com/body-positive-yoga/
✅ https://decolonizingfitness.com/
✅ http://www.mindfullyactive.com/
✅ http://www.bigfunfitness.org/
✅ https://www.louisegreen.ca/coaching-2/
✅ http://queerfatfemme.com/fatkiddanceparty/
✅ https://www.facebook.com/BossLadyWellnessRevolution/
✅ https://www.facebook.com/PositiveForceMovement/
✅ https://www.facebook.com/blackfeministfitness/
✅ https://www.curvyyoga.com/
✅ https://bodypositiveyoga.com/
Fit Fatties Facebook Group:
✔️ https://www.facebook.com/groups/fitfatties/ by Ragen Chastain

Big Fit Girl Facebook Group
✔️ https://www.facebook.com/groups/bigfitgirl/ by Louise Green in Vancouver, BC

Websites/Blogs
✔️ https://ironfatblog.wordpress.com/

Search for exercise on Ragen’s blog
✔️ https://danceswithfat.wordpress.com/?s=exercise&submit=Search

Have a free resource you’d like me to add?
Email Kathleen Lisson at LipedemaTreatmentGuide@gmail.com