

# CFG News

Chronically Fit Group's Monthly Newsletter



## WHAT IS CHRONICALLY FIT GROUP?

By Charlotte Bull

Welcome to the first CFG newsletter. These will be created monthly and sent out via a mailing list on our website. The newsletters will include, tips from spoonies, recipes, a spoonie business plug and we will select someone from the group to be our chosen advocate of the month.

Chronically Fit Group is a safe space for you to find motivation and support from likeminded others who want to keep moving forward alongside their chronic illness. Fitness and movement is so important and is often recommended to us as a therapeutic technique to aid our symptoms. Often, we are left wondering where to start. How do we exercise without triggering a flare up? How do we stay motivated?

The term Chronically Fit represents that we can be on the surface what people deem as "Fit and healthy" But chronically ill at the same time. One of the most frequent statements that's thrown at us is often "but you're Fit and healthy, you dont look sick" from someone just looking at us from the outside.

Fitness starts in the mind. Feeling less alone and more supported is your first step on your journey to becoming chronically fit.

The community allows us to ask those questions about what has worked for others so that we can try different things in our own time, at our own pace. Everyone is different but we all have common ground and a likeness in our minds.

We are Chronically Fit.

## Newsletter Highlights

**What is Chronically fit group**

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**Top Tips: Working from home**

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**Advocate of the month**

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**Message from Charlotte**

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**Spoonie Business: Unfiltered Clothing.**

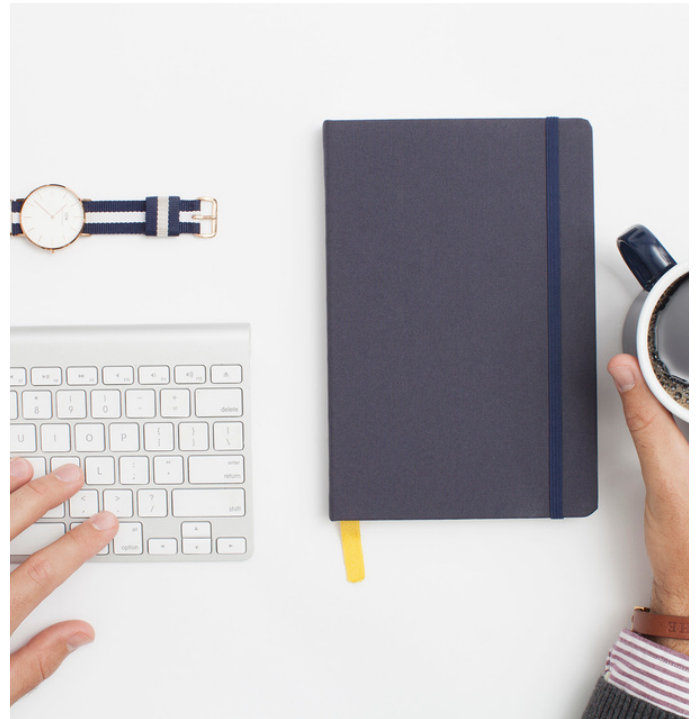
# Work and chronic pain

by Charlotte Bull

The working world is difficult to navigate as a person with chronic pain.

Don't be embarrassed to bring what you need to look after yourself into the office. Tell your employer you have a chronic illness, they need to know and shouldn't treat you any differently because of it.

Your employer has a duty of care to you and if you need to bring in a hot water bottle or heat pack then go ahead and do it. You are showing you are willing to work despite your illness and they should understand that.



It is unlikely that your manager will look further into your condition after you tell them what is wrong with you. However, if you describe your main symptoms and that they fluctuate, your manager will be able to take note. Sometimes it is easier for an outsider to understand that you have hip problems than if you try to explain your actual condition to them.

It is usually your HR manager that will be responsible for keeping an eye on your well being, so, if you feel your manager is dismissive, go to HR and explain your situation.

## **Take a break!**

You will need to stretch and move around, there is nothing wrong with doing so. Make sure you take your lunch break and do something with it. Don't eat lunch at your desk!



## Spoonie Business: Unfiltered clothing

Sophie founded Unfiltered Clothing in 2021. Combining her love of fashion and helping others to deliver clothing to inspire people to see themselves in a positive light.

<https://www.unfilteredclothing.com/>

## Advocate of the month: Bethan Collier

Bethan was one of the first members of Chronically Fit Group and has contributed to the group in various ways. She has helped trial the potential clothing range and is constantly shouting out about Chronically Fit Group and its ethos. Recently, Bethan has become a presenter on The Chronic Victory Podcast and also takes advocacy into her own hands through her instagram page @fibrofaceoff and Youtube series "Friends with Fibro." Consistently showing her support for the Fibromyalgia community.

Fibromyalgia is a musculoskeletal pain illness causing widespread pain, fatigue and other life changing symptoms. There is no cure and symptoms can unpredictably flare up.



## CHARLOTTE'S MESSAGE

The beginning of this year is flying by! I hope that you have all had a bearable couple of months! I certainly have had an eventful time. I also hope that these newsletters are going to provide you with a little bedtime/ flare up reading.

I will try my best to keep this up and look forward to giving you all an update at the end of march! Thank you for your continuous support and for reaching out to each other. We've got this!