

What Is Exercise Intolerance?

Shortness of Breath



Muscle Weakness



Extreme Tiredness



during physical activity that causes you to stop and limits your ability to do physical activity someone your age would normally do.

This includes having to stop to rest or catch your breath while doing daily activities like walking or climbing stairs.



What Is Post-Exertional Malaise?

Post-exertional malaise (PEM) is the worsening of symptoms and functioning after even a minor physical, mental, social or emotional activity, with symptoms typically occurring 12 to 48 hours after the activity and lasting days or weeks.

Symptoms of PEM include:

Exercise Intolerance



Difficulty Thinking



Trouble Sleeping



Sore Throat



Headaches



Muscle Aches



Dizziness



Severe Tiredness

