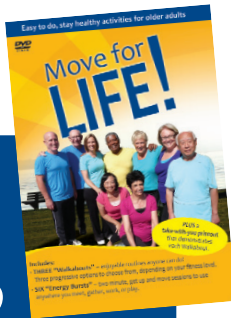


Move for LIFE!

Kidney Disorders & Physical Activity



The Move for Life DVD



shows older adults ways to keep strong and healthy by adding physical activity options to their daily routines.

For more information or to order a copy of the DVD please contact:
Health and Seniors Information Line at
1.800.465.4911
www.actnowbc.ca
www.bcrpa.bc.ca

Why it's important to be physically active

Being physically active helps prevent or slow down the progression of kidney disorders. Regular activity gives you more energy and helps you maintain a good quality of life. Here are some of the other ways physical activity can help people who have kidney disease:

- Makes it easier to do day-to-day activities.
- Helps maintain a healthy weight.
- Helps prevent problems like heart disease and diabetes.
- Makes it easier to control your blood pressure.
- Improves muscle strength.
- Lowers your level of blood fats (cholesterol).
- Helps you sleep better.
- Helps develop stronger bones and/or prevents bones from thinning (a common problem for people who have dialysis or a transplant).
- Reduces stress and depression.
- Helps you meet people and have fun!

If you have a kidney disorder, there are several things you can do to increase your quality of life:

- Eat a well-balanced diet. If you'd like more information about healthy eating for kidney disorders, contact Dietitian Services at HealthLink BC at 8-1-1 or click on www.healthlinkbc.ca.
- Keep your blood pressure in a healthy range.
- If you also have diabetes, keep your glucose level in a healthy range.
- Stop smoking.
- Keep your blood count in a normal range.
- Maintain a healthy weight.
- Limit alcohol to two drinks or less per day.
- Take your medications as prescribed.

Remember - Every Move is a Good Move!

Preparing for activity

BEFORE

you start any exercises

- Check with your doctor to see what types and amounts of activities are right for you.
- Check with your doctor to see if an increase in physical activity will affect the medication you're taking. Also find out if any of your medications will affect your ability to be physically active safely or your response to activity.
- If you've had a kidney transplant, wear a Medic Alert bracelet at all times.
- Do a warm-up to prepare your body for being active and prevent injury.
- Certain medications may make it easier for your skin to get sun damage and skin cancer. Check with your doctor. If your activity involves spending time in the sun, wear a good sunscreen (SPF 15 or higher) and protective clothing. Limit how long you're out in the sun and drink enough liquids to stay hydrated.
- If you're sensitive to cold, do your exercises in a warm room or dress warmly before going outside.

AFTER physical activity

- Do a proper cool-down.
- Keep track of your activity so you can see what you've accomplished. This will help keep you motivated. Having a record of your activity can also help your doctor or healthcare team manage your treatment plan.

Recommended activities

- Choose activities you enjoy. This makes it more likely that you'll keep doing them.
- Slowly work up to doing 45-60 minutes of physical activity on 4-5 days per week. This amount of activity will help keep your blood pressure in a healthy range (95% of people with kidney disease also have high blood pressure).
- Rather than doing your activity for 3 or more days in a row, take days off between activity days to give your body a chance to recover.
- To improve your health, try to be active for at least 30-45 minutes. If you can't go that long, try doing your activity with less effort (for instance, walk slower) or take breaks to rest and catch your breath. You don't have to do your exercise all in one session. If it's easier and more convenient, do several 10-minute sessions throughout the day.
- If you can't do this much activity (if you're elderly or receiving dialysis), just do as much as you can. Try walking for 15 minutes at least 3 times a week. Swimming and biking are good activities for kidney disorders. There are also simple, gentle activities you can do in a chair.
- If you're on certain types of dialysis, you may need to keep the catheter from getting wet, so swimming should be avoided. Check with your health care professional to see if you should avoid activities in water.

If you've had a kidney transplant

It's important to get plenty of rest after a transplant. Once your energy returns, you can slowly return to activity. Walking is the best exercise to start with. Swimming, tennis, biking and light housework are also good activities. Avoid heavy lifting for at least two months after your transplant, and avoid all contact sports which could bruise your new kidney. Be sure to wear a Medic Alert bracelet at all times.