

Focus On Exercise

Living Healthy.

Living Well.

Ask yourself these questions:

- Do I feel fatigued, weak or tired most of the day?
- Is it becoming more difficult for me to perform what once were routine tasks?
- Has my lifestyle changed because I don't have the energy to continue to do the things I enjoy?

If you answered yes to one or more of these questions.....

Read On!

As with most chronic diseases, these physical, and often psychological, limitations frequently stimulate a downward spiral of decreasing activity, leading to further physical limitations. When a person feels weak or tired, it is often difficult to remain active. When people become less active, for whatever reason, the ability for physical activity diminishes. As the spiral continues, it becomes more difficult to perform what once were routine tasks, eventually leading to outright disability, loss of independence, and poor quality of life.

Regular exercise training should be included as part of your rehabilitation process in order to address these changes, interrupt the downward spiral, and, ideally, reverse it.

Regular exercise improves your energy level and your ability to do your daily activities. It can improve your blood pressure while strengthening your bones and muscles. It strengthens your heart and decreases your risk of heart disease while lowering your cholesterol and triglycerides. It can also improve your ability to sleep, reduce depression and anxiety, decrease anemia, and improve your self-image.

Most people with kidney failure are excellent candidates for exercise training. The same components of an effective exercise program for healthy individuals, with appropriate modifications, can be applied when setting up a program for individuals with kidney failure.

So what are you waiting for? Check with your physician and get started!

Exercise programs will include the following three components of fitness:

Cardiopulmonary Fitness

- Type of activity: Cycling, Walking, Jogging
- When: Between dialysis treatments or during the early portion of dialysis. (leg cycling during the first 90 minutes of dialysis while seated in the recliner)
- Intensity of activity: Individually determined. Generally, intensity will start out low and gradually increase as tolerated. The idea is to get your heart pumping faster than when you are at rest.
- Duration: 20 – 60 minutes is optimal, with longer durations within that range yielding better results. Initially, you may require intermittent rest periods in order to accumulate a minimum of 20 minutes. Once you can tolerate a minimum of 20 minutes, duration can be increased in 5 minute increments.
- Frequency: Three to five times per week is most desirable, and fits nicely with three times weekly dialysis treatments.

Strength Training

- Type: Depends on equipment available. Some of the options include elastic material, such as a Theraband or elastic tubing, and small handheld weights.
- Intensity: Start with light resistance before progressing to heavier weights.
- Duration: In weight training, duration refers to the number of repetitions (lifts) and sets (groups of repetitions). Begin with one set of 8-12 repetitions at a comfortable, but somewhat challenging, weight. To progress, sets may be added – up to 2 or 3 – keeping repetitions constant. Then weight is gradually increased. The final repetition of each set should be somewhat difficult to complete.
- Frequency: Two days per week. At least one exercise for each of the major muscles should be performed each day. (Arms, upper and lower legs, abdomen, etc.)

Flexibility

- Type: Static stretches (stretching positions that are held without movement)
- Intensity: Stretching should never cause more than mild discomfort and should not be painful.
- Duration: Depends upon the purpose. Pre-exercise stretches should be held 10 – 15 seconds. To improve existing flexibility, the stretch can be held longer, usually 30-60 seconds
- Frequency: At least twice a week. Stretching should precede any activity. Since there is no downside to pain-free stretching, however, daily stretching is valuable.

Please take a moment to answer these True/False questions with your Primary Nurse

1. When people become less active the ability for physical activity diminishes.	True	False
2. Exercise can improve your blood pressure.	True	False
3. One type of cardiopulmonary exercise is lifting weights.	True	False
4. People with renal failure should refrain from exercise during their dialysis treatments.	True	False
5. Before starting an exercise program, you should check with your physician for his recommendations.	True	False
6. Exercise will improve how I feel, both physically and mentally.	True	False