



Stay Active With Confidence

Exercise Tips Everyone

Regular movement can help improve energy, strength, and overall well-being. The key is to start slowly, choose low-impact activities, and always check with your doctor before beginning.



Aerobic Exercises

- Walking – Indoors or outdoors, at your own pace.
- Cycling – A stationary bike is an easy, low-impact option.
- Swimming/Water Aerobics – Easy on the joints; a great full-body workout.
- Dancing – Fun, mood-lifting, and gets your heart rate up.
- Cardio Machines – Treadmills or ellipticals for indoor movement.

Strength & Flexibility Exercises

- Light Strength Training – Use resistance bands or light weights; avoid heavy lifting.
- Yoga – Improve flexibility, balance, and relaxation; can be adapted for seated use.
- Seated Exercises – Arm raises, leg lifts, marches, and calf raises—great for dialysis days.
- Chair Exercises – Sit-to-stand repetitions help build lower-body strength.
- Stretching – Move joints through their full range of motion and reduce stiffness.



Important Considerations

- Consult Your Doctor First
 - Always talk with your healthcare provider or physical therapist before starting any exercise program to ensure it matches your health needs.
- Modify as Needed
 - Use a chair for support, choose seated versions of exercises, and adjust intensity based on how you feel.
- Listen to Your Body
 - Begin slowly and increase activity gradually. Rest when needed—it's part of the process.
- Make It Social
 - Exercising with a friend or family member can help keep you motivated and make movement more enjoyable.



Small Steps Make a Big Difference.

Move at your own pace—and celebrate progress along the way!



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