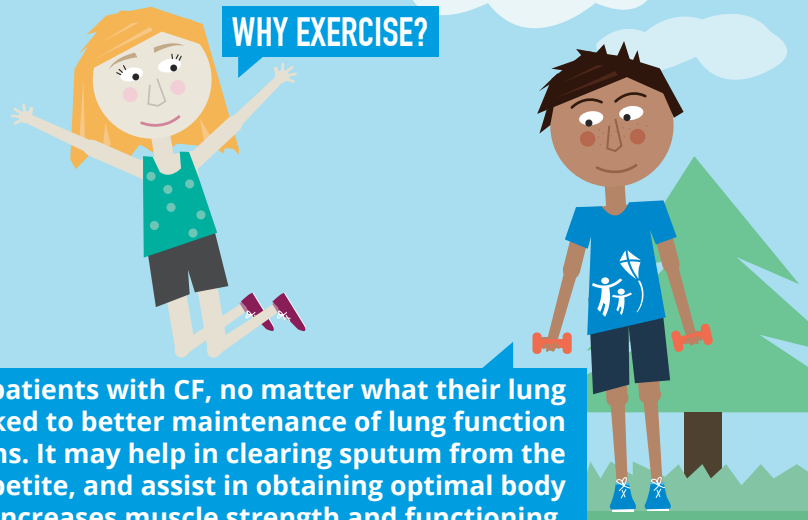


# EXERCISE FOR CF PATIENTS



Exercise can benefit all patients with CF, no matter what their lung function. Exercise is linked to better maintenance of lung function and fewer hospitalizations. It may help in clearing sputum from the airways, improve appetite, and assist in obtaining optimal body weight. Exercise increases muscle strength and functioning, improves bone health and pain management, and relieves stress.



- ✓ Exercise does not replace regular airway clearance (chest physiotherapy). It should be done in addition to regular physiotherapy.
- ✓ Exercise does not need to be continuous; it can be broken up throughout the day to reach the recommended targets.
- ✓ Work with a dietitian to address nutritional needs related to exercise. With proper nutrition, exercise should help with weight gain.
- ✓ Remember the importance of hydration and salt replacement.
- ✓ Consult your treatment team before starting an exercise program.

## 1-6 YEARS OLD

 **60 MIN/DAY**  
OF DEVELOPMENTALLY APPROPRIATE ACTIVITIES



### AEROBIC ACTIVITY AND RESISTANCE TRAINING

Full-body activities that increase breathing and heart rate, and use body weight to increase muscle strength

Jumping, climbing, walking, running, biking, swimming, sports like soccer or basketball, playground activities, like monkey bars or climbing walls



- Play
- Make it fun
- Involve the family
- Try a wide range of activities
- Good stress relief for the whole family

*flip over for more information* →



Based on: Swisher et al., (2015). Exercise & Habitual Physical Activity for People with Cystic Fibrosis: Expert Consensus, Evidence-Based Guide for Advising Patients. *Cardiopulmonary Physical Therapy Journal*, 26(4), 85-98.

FOR MORE INFORMATION AND EXERCISE IDEAS, PLEASE VISIT:

ParticipACTION at [participaction.com](http://participaction.com)

Physical and Health Education Canada at [phecanada.ca/sites/default/files/fun\\_fitness\\_activities\\_for\\_kids.pdf](http://phecanada.ca/sites/default/files/fun_fitness_activities_for_kids.pdf)

# 7-12 YEARS OLD

 **60 MIN/DAY**

IN A VARIETY OF ENJOYABLE ACTIVITIES,  
ESPECIALLY WITH FAMILY OR FRIENDS



## AEROBIC ACTIVITY

30-60 min, at least 3/wk

Should be breathing somewhat hard but still able to carry on a conversation

Walking, running, swimming, biking, dancing, team sports, outdoor adventure activities, active video games

Take classes, join a team, league or club



## RESISTANCE TRAINING

Activities that use body weight to strengthen muscles and bones

Running, jumping and ball games



Encourage normal motor development, including agility and balance/coordination

**Did you know?** Self-reported exercise participation rates peak at age 10

# 13-18 YEARS OLD

 **60 MIN/DAY**

IN A VARIETY OF ENJOYABLE ACTIVITIES,  
ESPECIALLY WITH FAMILY OR FRIENDS



## AEROBIC ACTIVITY

30-60 min, at least 3/wk

Should be breathing somewhat hard but still able to carry on a conversation

Walking, running, swimming, biking, dancing, team sports, outdoor adventure activities, active video games

Take classes, join a team, league or club



## RESISTANCE TRAINING

Formal resistance training 2-3 times/wk per muscle group; incorporate upper and lower limbs and trunk muscles; complete 1-3 sets of 8-12 reps (weight training must be supervised)



Enable choice of activities that fit individual interests and abilities

**Did you know?** Physical activity rates tend to be lower among adolescents, especially adolescent girls

# 19+ YEARS OLD

 **150 MIN/WEEK**

OR MORE (PREFERABLY 300 MIN) IN  
VARIETY OF ACTIVITIES OF CHOICE



## AEROBIC ACTIVITY

30-60 min, at least 3/wk

Should be breathing somewhat hard but still able to carry on a conversation

Walking, running, swimming, biking, dancing, team sports, outdoor adventure activities, active video games

Take classes, join a team, league or club



## RESISTANCE TRAINING

Formal resistance training 2-3 times/wk per muscle group; incorporate upper and lower limbs and trunk muscles; complete 1-3 sets of 8-12 reps



Consult a healthcare provider for advice on adapting physical activity for complications such as CFRD or low bone density