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# EXERCISING WITH CYSTIC FIBROSIS

## How to Make Exercise Part of Your CF Care

### THE IMPORTANCE AND BENEFITS

Regular exercise, along with nutrition and therapy treatments, can help prevent, relieve, or control breathing problems and general health problems. It's very important that each individual living with CF, and their family members, recognize the value of exercise. Research studies have shown that regular physical activity provides many benefits to those living with CF. Individuals who exercise are better able to resist or fight infections. This may result in fewer or shorter hospital visits. Additional benefits of exercise may include:

- Increased lung capacity
- Increased strength and endurance
- Increased energy
- Improved sleep
- Improved self-esteem, mood and relaxation
- Increased life expectancy
- Improved airway clearance (helping prevent respiratory infections)
- Increased bone density and prevention of bone loss
- Loosened mucus in the airways

### BEST FOR CF

Generally the amount and type of exercise will be dependent upon the individual's health. Individuals should work with their health care team to develop an appropriate exercise routine. Aerobic exercise (running, biking, walking, swimming) provides the most benefit for loosening mucus in the airways. Consistency is the key; however, some exercise is better than none.

### GET GUIDANCE

Before beginning an exercise program, individuals with CF should talk to their doctor about recommendations and limitations. All exercise programs should take the individual's interests and limitations into account. All exercise programs should be started slowly, and increase slowly, as tolerated by the individual. Individuals will be losing calories, water, and salt from exercise, and will need to make up for these losses. Talk to your doctors and nutritionist for help and questions about this.

### PRECAUTIONS

Take precautions to get the most from your workout and to prevent setbacks:

- Avoid dehydration - replenish your body with adequate amounts of water and replace salt lost during exercise by drinking sports drinks and eating salty foods and snacks.
- Avoid Weight Loss - replenish your body by consuming more calories than you would on a normal day without exercise.
- Consult the CF nutritionist to make appropriate dietary additions or changes to avoid dehydration and weight loss.