

## Questions:

This brochure is meant to provide general information about the importance of exercise in the health and well-being of an individual with Cystic Fibrosis. This brochure is not specific to each individual with CF, and you should ask your doctor if you have further questions about exercise and CF.



## Resources:

[www.cfvoice.com](http://www.cfvoice.com)

An online community for people of all ages living with cystic fibrosis. A place for motivation, inspiration, and connection to the CF community. Create your own calendar to keep your workouts scheduled and easy to follow.



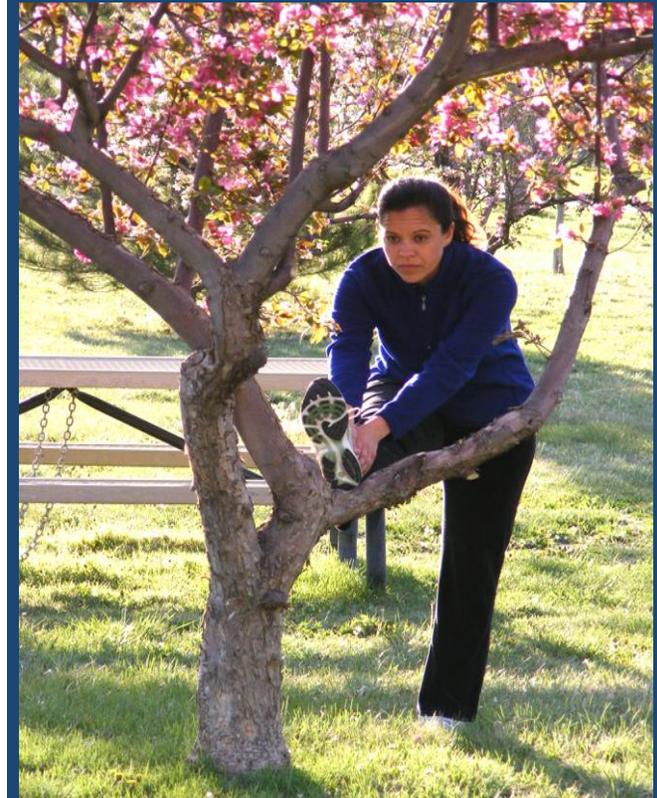
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# CYSTIC FIBROSIS & EXERCISE



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## Why is exercise important?

Regular exercise, along with nutrition and therapy treatments, can help prevent, relieve, or control breathing problems and general health problems.

It is 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.

## What are the benefits of exercise?

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:

- increase lung capacity
- increase strength and endurance
- increase energy
- improve sleep
- increase self-esteem, mood and relaxation
- increase life expectancy
- improves airway clearance (helping to prevent respiratory infections)
- increase bone density and prevent bone loss
- helps to loosen mucus in the airways



## What type of exercise is best for a person living with CF?

Before beginning an exercise program, individuals with CF should be sure to 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 doctor and nutritionist for help and questions about this).



## Myths & Facts About Exercise.

*Myth:* There is not enough time.

*Fact:* Finding time to exercise can be challenging, but it should be a priority. Only you can decide how to make exercise a regular part of your healthy lifestyle.

*Myth:* No pain, no gain

*Fact:* You do not have to be out of breath, sweating, and exhausted to increase your health benefits. Simply get moving to increase your heart rate and gain fitness benefits. It is alright to be comfortable and able to talk during exercise.

*Myth:* If you can't exercise regularly, there's no point.

*Fact:* All exercise is helpful, even if it is not on a regular basis. Just remember, the more consistent, the better!



## How much and how often should a person with CF exercise?

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 (i.e. running, biking, walking, swimming) provides the most benefit (for loosening mucus in the airways).

Consistency is the key; however, any exercise is better than nothing at all.

## Tips & Precautions:

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

**Avoid Dehydration** – Be sure to replenish your body with adequate amounts of water and replace salt lost during exercise by drinking sports drinks and eating salty foods/snacks.

**Avoid Weight Loss** – Be sure to replenish your body by consuming more calories than you would on a normal day without exercise.

\* To avoid dehydration and weight loss, consult the CF nutritionist for making appropriate dietary additions and/or changes.