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
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.
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).

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).

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.