

Physical Activity

Doctors used to think people with chronic kidney disease (CKD) couldn't exercise. But now, doctors know that patients who are active find it easier to do daily activities.

When you and your doctor feel you're ready, consider walking, swimming, dancing, or doing some physical activity you enjoy on a regular basis. Start slowly and add a few minutes each time, as your doctor recommends.

Remember, being active may help:

- Give you more energy
- Make your joints more flexible
- Prevent and treat high blood pressure

Talk to your doctor before you begin any fitness program.

© 2017 The Dialysis Patients Citizens (DPC) Education Center. All rights reserved. Unauthorized use prohibited. The information contained in this website is not a substitute for medical advice or treatment, and consultation with your doctor or healthcare professional is strongly recommended. The DPC Education Center is a section 501(c)(3) non-profit charity (37-1698796). Contributions are tax deductible to the fullest extent permitted by the law.

Source URL: <http://www.dpcedcenter.org/classroom/take-active-role-your-treatment/physical-activity>