

DID YOU KNOW?

Diabetes mellitus and hypertension are the major causes of end-stage renal disease.

Individuals with chronic kidney disease tend to have low functional capacity that is approximately 50% of that recorded in healthy age- and sex-matched persons. This may be due to sedentary lifestyle, cardiac dysfunction, anemia, and musculoskeletal dysfunction.

Physical activity may not become impaired until CKD has reached stage 3.

Medically cleared transplant recipients may initiate exercise training as early as 8 days following the transplant operation.

Strength training is important for the overall well-being of persons with **stable** chronic kidney disease.

Exercise can be done during dialysis in the first half of treatment to avoid hypotensive episodes.

Heart Rate may be an unreliable indicator of exercise intensity, so let how you feel guide you.

Pre-Op Exercise for Better Odds Post-Op

Research has shown that there are great benefits for exercising before a surgery. These persons are on their feet sooner, require less intervention from healthcare practitioners, and make an overall quicker recovery.

TALK TO US! WE CAN HELP



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FIT ME & KIDNEY DISEASE

FITNESS WITH
FUNCTION IN MIND

YOUR STORY

Whether you are a kidney donor, recipient or undergoing dialysis your level of fitness should always be a top priority.

Physical activities that requires moderate effort are safe for most people, but if you have a health condition be sure to consult with your doctor or physiotherapist about the types and amounts of physical activity that are right for you.

Pre-exercise screening is necessary before attempting any physical activity.

Benefits of Pre-exercise Screening:

Identifies persons with medical conditions that may put them at a higher risk of a experiencing a health problem during physical activity

Determines if the potential benefits of exercise outweigh the risks for you.

Determines the **F**requency, **I**ntensity and **T**iming of your exercise program, as well as the **M**ode of exercise and the **E**quipment needed.

FIT ME

EXPERIENCE THE ORDINARY IN EXTRA ORDINARY WAYS WHEN YOU EXERCISE WITH US!



PLAN A ROUTINE!

HOW SHOULD I START

Work towards 30 minutes a session. You should build up gradually to this level. Once you have achieved this you can gradually increase to 45 to 60 minutes,

WHEN SHOULD YOU GO

.Wait one hour after a large meal
Avoid the very hot times of the day

Exercise on non-dialysis days
Do not exercise less than an hour before bedtime

WHAT SHOULD I DO

Aerobic exercise 3–5 days weekly
Resistance exercise 2–3 days weekly
Bed or Chair exercises can be done for the non-mobile person

HOW HARD SHOULD I WORK

Use the **"TALK TEST"** Your workout should not be so hard that you cannot talk with someone exercising with you.
The intensity should be a **"comfortable push"** just enough to get the heart pumping, with gradual progressive resistance training allowing your body to adapt to the increased levels of activity.