Exercises for Better Health

Exercise helps you move more easily, sleep better, and have more energy. It can also help improve your mood. Different types of exercise help improve your overall health.

How exercise helps you

- Helps control blood pressure.
- Makes you stronger and helps you have more energy, especially if you have kidney disease.
- Lowers your blood sugar for 24 to 72 hours, which is important if you have diabetes.
- Makes your heart stronger and helps move blood through your body.
- Helps lower swelling and makes it easier to breathe.
- Helps with weight loss and lowers cholesterol. This can lower your risk of heart disease.

Three types of exercise for better health

1. Cardio

This type of exercise makes your heart beat faster and improves your energy.

Goal: 150 minutes each week.

Examples:

Walking



Biking



Swimming



Dancing



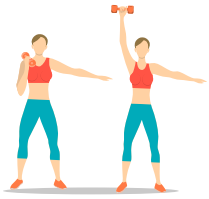
2. Strength training

Strength training helps your body build muscle and keep bones strong.

Goal: Exercise two (2) times each week.

Examples:

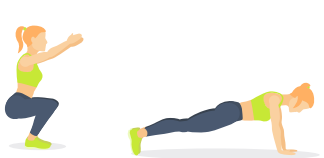
Lifting weights



Using resistance bands



Body-weight exercises



CENTRAL HEALTH

3. Stretching and balance

Stretching helps keep your joints flexible. This helps keep you from getting hurt and makes everyday tasks easier. As you get older, balance helps prevent falls.

Goal: Practice stretching and balance exercises two (2) to four (4) times per week.

Examples:

Yoga



Tai chi



Stay safe while you exercise

- **Start slowly**
  Begin with light exercises. Increase your effort as your body gets used to it.
- **If you are on dialysis**
  Exercise on the days you don't go to dialysis.
- **If you have diabetes**
  - Keep glucose tablets nearby in case your blood sugar goes low.
  - Avoid exercising if your blood sugar is more than 250 mg/dL.
- **If you have heart failure**
  Avoid exercising in very hot, humid, or cold weather. This can put stress on your heart.

Warning signs

Stop exercising if you have chest pain, shortness of breath, or feel unwell.

Call your provider to schedule an appointment.