

Patient Tips for Healthy Living



Network 8, Inc. 877-936-9260

9th Edition

Let's Get Moving!



Most of us don't like hearing the word exercise or that we should be more active but we all know it is needed to help lead a healthy lifestyle. The more active you are the better you will feel and enjoy life. Being active is a lifestyle change and it takes practice. There are different ways that everyone can enjoy being active. You have to find something you enjoy doing and let it work for you!

There are free ways to exercise without leaving your home. You just have to be creative. One dialysis patient said he would get to treatment an hour before his dialysis time and walk around the building 5-10 times before his treatment started. He started alone but after a few weeks other patients joined in and they made it a group walk. Everyone is different **so remember it is important to speak with your kidney doctor before you start any exercise program to know what is best for you.** Below are different exercises you can do based on what is right for you.

- Walking or hiking
- Swimming
- Dancing
- Gardening
- Pilates or yoga
- Biking
- Golf
- Tennis
- Step Aerobics
- Household chores

Even patients who are in wheelchairs can do exercises to build upper body strength. Start with 1 or 2 pound weights and get your arms moving. One patient said she used water bottles for her weights just so she could get moving!

To help control your thirst while exercising try:

- Freezing 8 ounce water bottle and sip as ice melts.
- Add a little lemon to water or ice.
- Cold fruits may help to quench your thirst. Try frozen grapes or blueberries.
- 2-3 ounce frozen Popsicle is always refreshing to cool off with and helps control your fluid intake.
- Exercising early in the morning or late in the afternoon when it is cooler (or inside where it is cooler).
- A cold damp bandana or rag, to use around your neck, will help keep you cooler and less thirsty while exercising.



Benefits of Exercise



- Lowers your cholesterol and triglycerides
- Helps you lose weight
- Gives you better muscle tone
- Makes it easier to get around
- Helps you sleep better
- Gives you more energy
- Improves your blood pressure

Steps to Being Active

❖ Meet with your doctor- This will help you decide which activities will be best for you.



❖ Set realistic goals- Don't try to lose 20 pounds in one month. Talk with your kidney doctor and dietitian about how much weight you should lose.

❖ Have a partner- You can help encourage each other!

❖ Have a date set to start- If you have a start date you are less likely to keep putting off exercise.

❖ Measure your progress- You may start out only being active 10 minutes a day but slowly increase it to 30 minutes.

❖ Reward yourself- When you meet small goals do something nice for yourself!

Network 8 sent all dialysis facilities a DVD entitled Exercise, Live Well & Feel Better that was developed by Network 11 for dialysis patients. Ask your facility about it to learn more information about exercise!

Dialysis Friendly Recipes

Fruit Smoothie

www.ultracare-dialysis.com

- 1/2 cup fresh or frozen (regular or unsweetened) whole strawberries
- 1 cup **unfortified** rice milk
- 4 teaspoons sugar or sugar substitute
- 2 tablespoons protein powder

Directions:

Blend all ingredients until smooth. Makes 2 servings.

Each serving provides:

5 grams Protein

Strawberry Spinach Salad

www.davita.com

- 3 cups fresh spinach or 6-ounce package of pre-washed spinach
- 1 cup fresh strawberries, finely sliced
- 1 tablespoon lemon juice
- 1/8 teaspoon dry mustard powder
- 1 tablespoon vinegar
- 2 tablespoons honey
- 3 tablespoon vegetable oil



Directions:

1. Wash and dry the spinach leaves. Tear into bite-sized pieces and place in a bowl.
2. Top spinach with sliced strawberries.
3. Mix together the vinegar, lemon juice, honey, mustard powder and oil.
4. Pour dressing over spinach and strawberries. Toss well and serve immediately.

Nutrients per serving: Calories: 94; Protein: 1 g; Carbohydrates: 9 g; Fat: 6 g; Cholesterol: 0 mg; Sodium: 22 mg; Potassium: 204 mg; Phosphorus: 20 mg; Calcium: 32 mg; Fiber: 2.5 g

Network 8 would like to thank the following dietitians for their contribution and review of this publication: Carol Embrey, Donna Thompson, and Rita Solomon-Dimmitt.

Visit Network 8 on the web at www.esrdnetwork8.org