

# Benefits of Being Active

Regular physical activity is one of the most important things you can do for your health. People on dialysis can and do exercise. It helps you to feel better, do more and be more in control of your health.



-  **Boost Your Energy**
-  **Control Your Weight**
-  **Make Your Muscles Stronger**
-  **Control Your Blood Pressure**
-  **Increase Flexibility**
-  **Control Your Blood Sugar**
-  **Boost Your Mood**

## Questions for Your Care Team

- What kind of exercises should I start with?
- Is there anything I should avoid doing because of my dialysis access?
- Are there any community activities that I could get involved in?

## Easy Ways to Increase Activity



**Take the Stairs**



**Park Farther  
Away**



**Do Arm  
Circles During  
Commercials**



**Mix by Hand  
Instead of a  
Mixer**



**Dance**

[Visit our website](#) for more exercise information and resources.