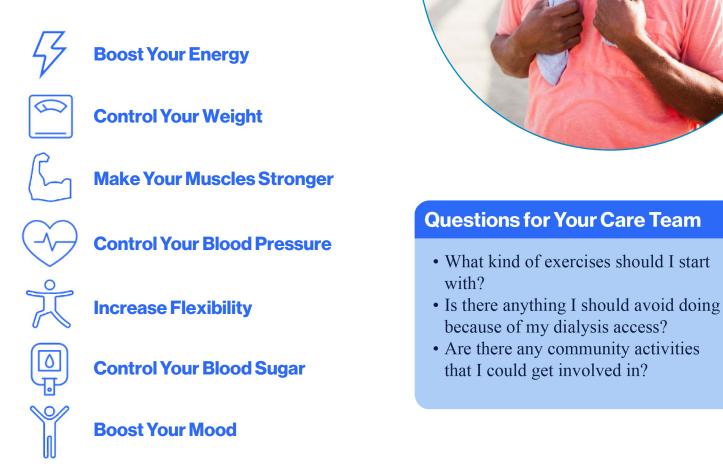
Benefits of Being Active

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.



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.

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Organizations

