

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](http://www.qsource.org) for more exercise information and resources.

