

# 5XaXYgf bY5XaZ 4Vgi X

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.



5bbfgjLbhe8aXeZl

6bagb\_LbheJ XVZ[ g

@T^XLbhe@hfV\_Xf FgbaZxe

6bagb\_Lbhe5\_bbVWCeXf fheX

aVeXTfX9\_XkU\g

6bagb\_Lbhe5\_bbVWFhZTe

5bbfgjLbhe@bbW

Take the Stairs

Park Farther  
Away

Do Arm  
Circles During  
Commercials

Mix by Hand  
Instead of a  
Mixer

Dance

[I V`qphelj XUF`qYbe` beXXkXeWfX`aYbe` TgbaTaV`XfbheVXF!](#)

This material was prepared by Qsource, a/an Network of Quality Improvement and Innovation Contractors under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 22.QIO.06.068



**Quality Improvement Organizations**  
Sharing Knowledge. Improving Health Care.  
CENTERS FOR MEDICARE & MEDICAID SERVICES



**Qsource.**

[www.qsource.org](http://www.qsource.org)