

Get Active

Exercise videos

Exercise videos for all levels of fitness are available from most video stores, the video section of grocery stores or the library.

The “Sit and Be Fit” series includes videos for COPD, arthritis, and osteoporosis as well. Ask your dietitian for a copy.

The “Sit and Be Fit” program can be seen on television at 9:00 am weekdays, on KBTC, Channel 28.

Why be more active?

Exercise can help you:

- Increase your flexibility
- Increase your strength
- Improve your heart
- Improve your blood flow
- Improve your appetite
- Improve your sleep
- Improve your outlook on life!
- Improve your energy level

Would physical therapy help?

Often it is a good idea to see a physical therapist before starting an exercise program.

Your doctor, social worker or dietitian can refer you to a physical therapist in your area who will be able to help design a program of exercises and fitness based on your unique needs. Often such services are covered by your health insurance.

Community fitness centers

Check out your local community fitness center, YMCA or other neighborhood fitness sites. They often have special programs for people with medical issues, and may even have trainers to help design a program just for you.

Your dietitian: _____
(206) 720-3990
Northwest Kidney Centers
Nutrition & Fitness Services
700 Broadway
Seattle, WA 98122
www.nwkidney.org
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Regular exercise is an important part of life. This is true for people with kidney disease, too.

Keeping your joints flexible and your muscles working well will help you be independent and enjoy life.

There are many activities that can be done in the comfort of your own home as well as in your community.



Here are some fitness ideas to get you started.

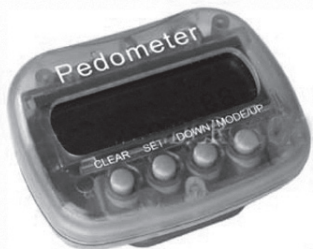
Therabands

Therabands are elastic exercise bands. Using the bands for gentle stretching can improve flexibility and strength. Therabands are free through Northwest Kidney Centers. An easy instruction booklet is included with the band.



Pedometers

This is a small device that clips to your waistband and counts the number of steps you take. A good goal is 10,000 steps a day. Pedometers are free through NKC or are easy to find at sporting goods or department stores. Most cost between \$10 and \$25 dollars.



Exercise balls

Sitting on these inflatable rubber balls improves your balance. They can be for stretching and strengthening exercises as well. You can buy exercise balls at most sports stores for about \$30.



Exercise cycles

Using an exercise bike or cycle such as the "Pedlar™" can improve blood flow and strengthen your leg muscles.

You can try a Pedlar™ out at one of NKC's dialysis units, and you can pedal while you dialyze.

Pedaling on dialysis can also help with restless leg syndrome, cramps and low blood pressure. Pedlar™ cycles can be ordered online for about \$50.



Mall walking

Walking is a great way to stay active. Most shopping malls open their doors before the stores open just for mall walkers. It's a fun way to meet people and get active.

Bellevue Square

Call (425) 688-5800 for senior program

Crossroads Shopping Mall

(425) 747-7344

7:00 am daily

Everett Mall

(425) 355-1771

6:30 am – 10:00 am Monday to Friday

10:00 am – 11:00 am Sundays

Factoria Mall

(425) 747-7344

7:00 am daily

Northgate Mall

(206) 362-4777

7:30 am daily

Southcenter Shopping Center

(206) 246-7400

7:00 am daily

The SuperMall

(253) 833-9500

7:00 am daily