

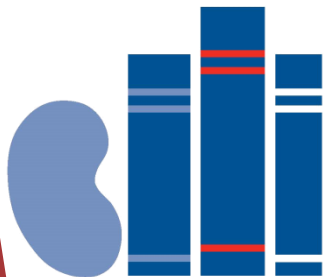
Get Your Sweat On! Exercising for Healthier Kidneys

This webinar will start shortly. It will be recorded and the slides will be available at www.dpcedcenter.org

Next webinar: April 26th at 2:00 pm Eastern

Reminders

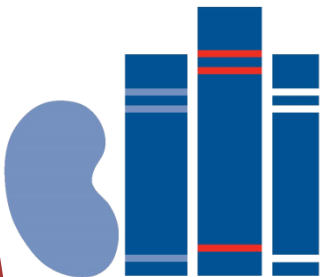
- All phone lines are muted
- **Unmute: #6** to ask questions at the end of the presentation
- **Mute: *6** after your question
- Or, ask questions through the Chat Box
- You will receive the link to the **recording, slides, & handouts** by email
- Please complete the feedback form at the end of the program



Today's Presenter

Collette Powers, MA, RDN, LDN, ACSM EP

- ❖ Registered, licensed dietitian in TN
- ❖ Certified Exercise Physiologist
- ❖ For the past 8 years has focused her efforts towards sports nutrition and renal nutrition
- ❖ Helps clients break down barriers to achieve their goals



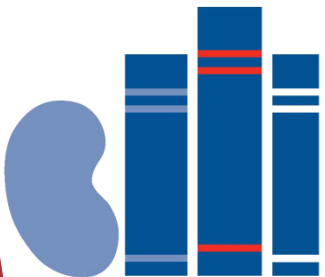
Background on Exercise

- Exercise is defined as a “planned, structured and repetitive bodily movement to improve or maintain a component of physical fitness”.
- Exercise varies from person to person.
- Many of us are aware of the health benefits exercise has proven to provide: reduced blood pressure, better blood sugar control, weight management.



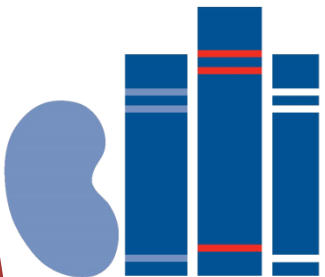
Background on Exercise

- Cardiovascular disease is the #1 cause of mortality of dialysis patients and one of the leading causes in patients with chronic kidney disease.
- This is due to many factors including hypertension, hyperlipidemia, diabetes, inflammation and typical diet.
- Research has specifically focused on inflammation and improved oxygen flow in the body.
- Various “work-out” environments have been considered as well as types of exercise.
- Findings show improved oxygen delivery throughout the body and reduced inflammation after 6 months.



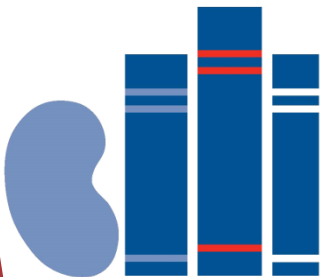
Getting Started with Exercising

- For a well-balanced approach, exercise should include four major components: Flexibility, Balance, Strength Training and Cardiovascular.
- Strive for 30 minutes cumulative most days of the week.
- Forget the “No Pain, No Gain” Rule.
- Keep it simple, sassy, and sweet! The Triple “S” for Success approach.
- Remember that any change is better than no change!!!!
- Consult your doctor.
- Take care of your mental health too.



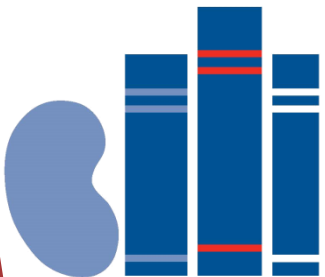
Flexibility

- Anyone can do this!
- Professionals recommend Flexibility as the starting point when new to exercising.
- Flexibility exercises include stretching, yoga, tai chi.
- Consider Holding vs Moving stretches.
- If you are currently exercising, include 5 to 10 minutes of stretching post workout.
- If you are not currently exercising, strive for 20 minutes total at least 3 days per week.



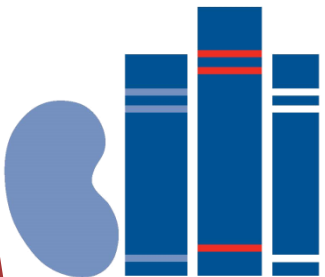
Flexibility

- Insert static vs dynamic stretch examples:



Flexibility

- Example stretching routine (courtesy of the Veteran Affairs Move program), https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P33_SampleFlexibilityProgramForBeginners.pdf
- Complete each stretch 3 times, holding for 30 seconds.

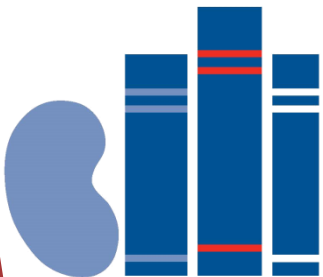
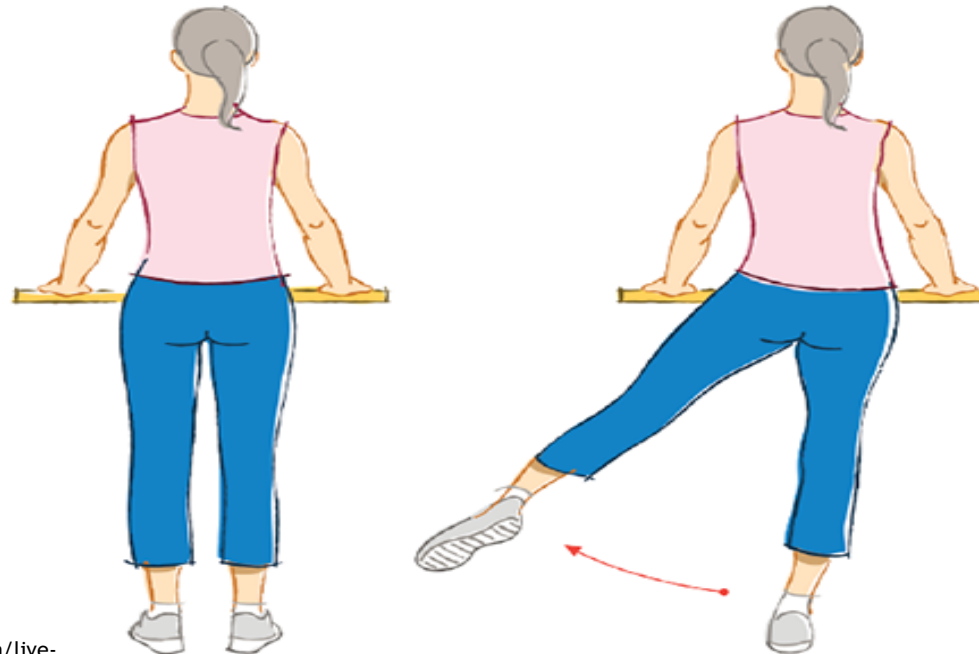


Balance

- Balance exercise examples: heel-toe walk, walking backwards, standing on one leg
- Complete each exercise for 10 to 30 seconds
- National Institute on Aging. Accessed 24 March, 2019, https://order.nia.nih.gov/sites/default/files/2017-07/workout-to-go_508.pdf

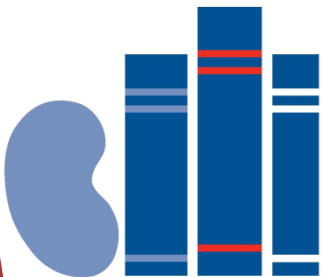
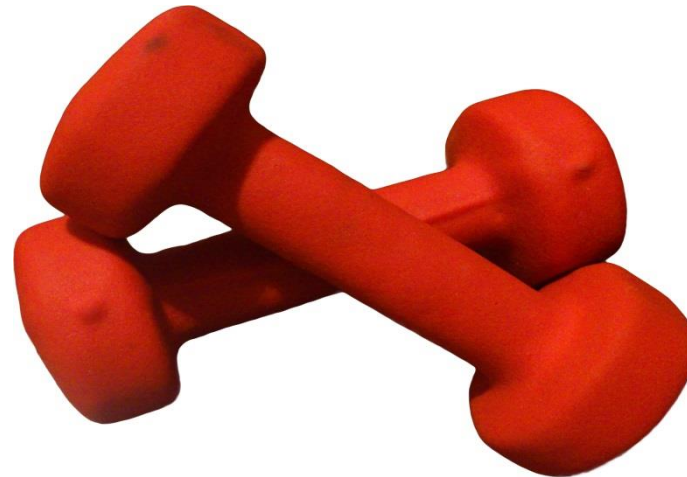
SIDE-LEG RAISE WITH SUPPORT

- Hold on to something for balance, like a chair or a counter.
- Stand on one leg and raise the other sideways, then hold for five seconds.
- Lower your leg and repeat five times. Switch to the other leg.



Strength Training

- Consists of exercises using own body weight or using free weights/weight machines.
- Pick a combination of upper and lower body exercises.
- Strive for 3 days every week and rest a day in between.
- Start with 1 to 3 sets of 12-15 repetitions.
- Bump it up every 2 to 4 weeks!
- If you are too sore to move the next day, you did too much!
- Remember to stretch.

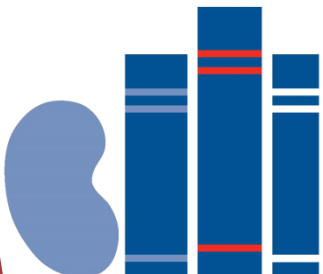


Strength Training

- Example workout for beginners:

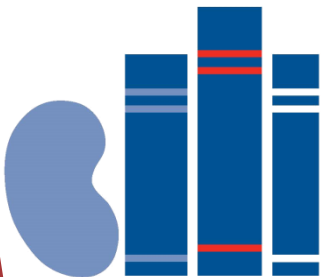
Sample Strength Training

Week #	Strength Exercises	# of Reps	# of Sets	Weight
1	#1-#9	10	1	—
2	#1-#9	12	1	—
3	#1-#9	15	1-2	—
4	#1-#9	15	2	—
5	#1-#9	15	2-3	—
6	#1-#9	15	3	—
7	#1-#9	15	3	—
8	#1-#14	10	3	—
9	#1-#14	12	3	—
10	#1-#14	15	3	—
11	#1-#14	10	3	1 lb
12	#1-#14	12	3	1 lb
13	#1-#14	15	3	1 lb
14	#1-#14	10	3	2 lb
15	#1-#14	12	3	2 lb
16	#1-#14	15	3	2 lb



Cardiovascular Training

- Examples of cardiovascular exercise include: walking, running, biking, swimming, fitness classes.
- If new to exercising, work towards goal of 30 minutes cumulative cardiovascular exercise, 3 days a week.
- Bump it up every 1 to 2 weeks!
- Remember to warm up and cool down.

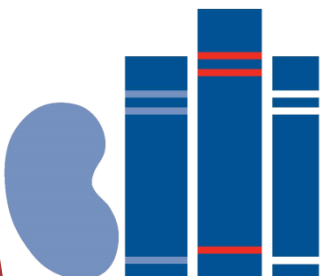


Cardiovascular Training

- Example of a cardiovascular training schedule:

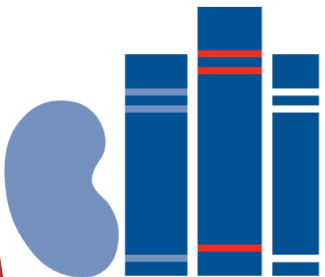
Sample Cardiovascular Program

Week #	Times/Day <i>(Do 5 days/wk)</i>	Warm-up <i>(Very Light)</i>	Conditioning <i>(Somewhat Hard)</i>	Cool-down <i>(Very Light)</i>
1	once a day	2 min	5 min	2 min
2	twice a day	2 min	7 min	2 min
3	twice a day	2 min	9 min	2 min
4	twice a day	3 min	11 min	3 min
5	twice a day	3 min	13 min	3 min
6	twice a day	3 min	15 min	3 min
7	twice a day	5 min	18 min	5 min
8	once a day	5 min	20 min	5 min
9	once a day	5 min	24 min	5 min
10	once a day	5 min	28 min	5 min
11	once a day	5 min	30 min	5 min



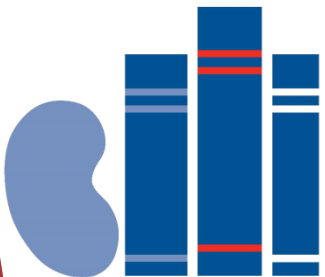
Safety Exercise Tips

- Stop exercising if you become short of breath, experience chest pain, or become dizzy.
- Do not exercise if you have a fever or if your blood pressure pre-exercise is elevated.
- Check your blood pressure and blood sugar levels as prescribed. Keep track and bring all readings to your doctors appointments.
- Stay hydrated.



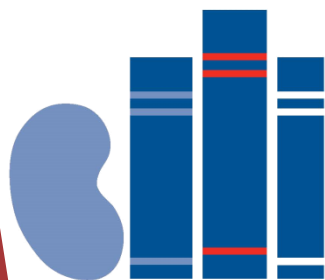
Mental Health

- Learn to manage stress.
 - Journaling
 - Listening to music
 - Practice meditation
 - Visualization
 - Limit screen time
- Get your rest.
 - Strive for 7 to 9 hours every night
 - Keep to a consistent schedule



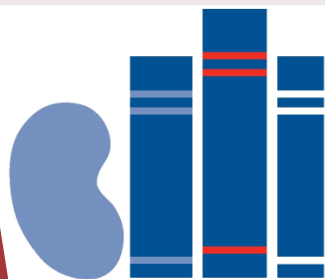
Motivation Tips

- Grab a friend or take this time for yourself.
- Dress the part.
- Consider the environment.
- Know your resources.
 - Local library
 - Public television
 - Internet
 - Phone apps
 - Your medical team
- Remember my Triple “S” for Success approach!



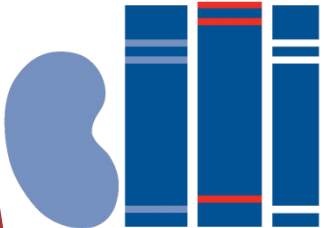
Motivation Tips

Obstacle	Try This
I just don't have time to be physically active.	Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity.
I don't have anyone to go with me.	Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.
I'm so tired when I get home from work.	Schedule physical activity for times in the day or week when you feel energetic.
I have so much on my "to do" list already, how can I do physical activity too?	Plan ahead. Make physical activity a regular part of your daily or weekly schedule by writing it on your calendar. Keep the appointment with yourself.



Motivation Tips

Obstacle	Try This
I'll probably hurt myself if I try to be more physically active.	Consult with a health professional or educational material to learn how to exercise appropriately considering your age, fitness level, skill level, and health status.
I'm not coordinated enough to be physically active. I can't learn something new at my age!	Select activities requiring no new skills, such as walking, climbing stairs, or jogging.
My job requires me to be on the road, it's impossible for me to exercise.	Stay in places with swimming pools or exercise facilities. Or find a DVD exercise tape that you enjoy and request a DVD player with your room.
I have small children and it's impossible to have time to myself for exercise.	Trade babysitting time with a friend, neighbor, or family member who also has small children. As children get older, family bike rides or walks might be another option.



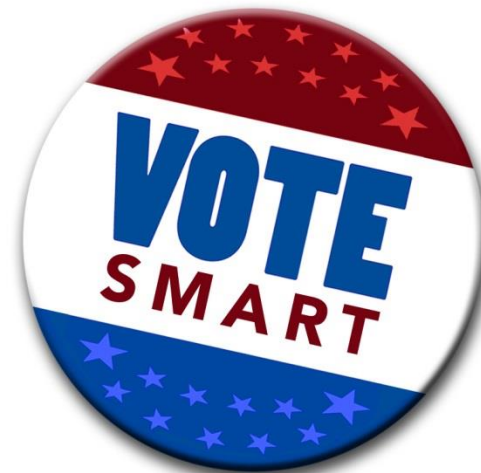
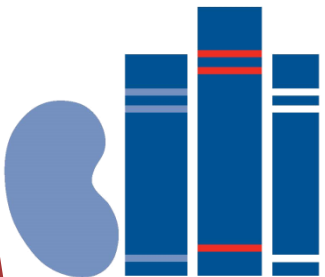
Triple “S” for Success Approach

➤ Step 1: Keep it Simple.

- Pick the time of day when you feel your best or works for your schedule.
- Set SMART goals: specific, measureable, attainable, **realistic**, timely. Write it out and post some where visible!
 - Example: I will go for a 10minute walk 3 days a week on Tuesdays, Thursdays and Sundays for 4 weeks.
- Don’t fall into the “no pain, no gain” trap!

➤ Step 2: Keep it Sassy.

- Keep challenging yourself. You should be progressing every 1-2 weeks with 4 weeks at most.
- Keep it fun.



Triple “S” for Success Approach

Example: My aerobic activities this week

My goal is to do aerobic activities for a total of 2 hours and 30 minutes this week.

What I did	Effort	When I did it and for how long							Total hours or minutes
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<i>Walked</i>	<i>Moderate</i>		<i>30 min</i>	<i>30 min</i>		<i>30 min</i>		<i>30 min</i>	<i>2 hours</i>
<i>Biked fast</i>	<i>Vigorous</i>						<i>30 min</i>		<i>30 min</i>
This is the total number of hours or minutes I did these activities this week:									<i>2 hours and 30 min</i>



Triple “S” for Success Approach

Example: My strengthening activities this week

My goal is to do strengthening activities for a total of 2 days this week.

What I did	When I did it							Total days
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<i>Sit-ups</i>	<i>Yes</i>							<i>1 day</i>
<i>Stretch bands</i>				<i>Yes</i>				<i>1 day</i>
This is the total number of days I did these activities this week:								<i>2 days</i>



Triple “S” for Success Approach

I will schedule my exercise (circle one): before work lunchtime after work

For flexibility: I will _____ for _____ minutes _____
days per week.

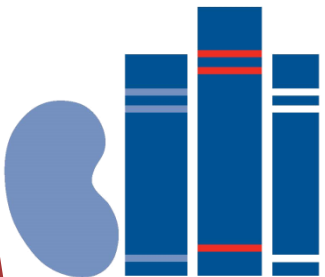
Type of Exercise # of minutes # of days

For strength: I will _____ for _____ minutes _____
days per week.

Type of Exercise # of minutes # of days

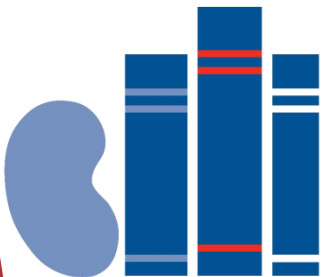
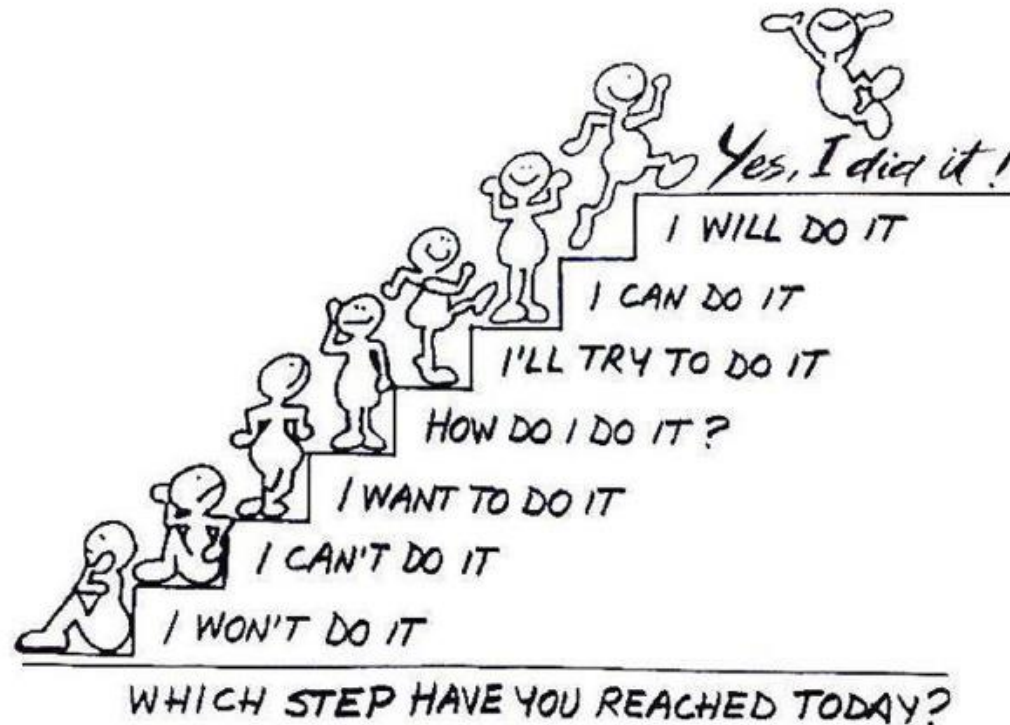
For endurance/aerobic fitness: I will _____ for _____ minutes _____ days
per week.

Type of Exercise # of minutes # of days



Triple “S” for Success Approach

- Step 3: Keep it Sweet.
 - Maintain that sweet spot. Do not let more than 2 weeks lapse!
 - It can take approximately 60 to 200 days to establish a habit.
 - Re-evaluate every 12 weeks your progress.



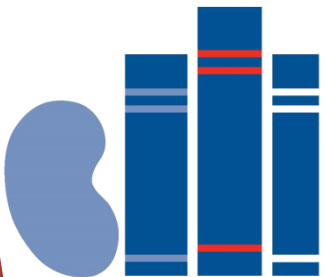
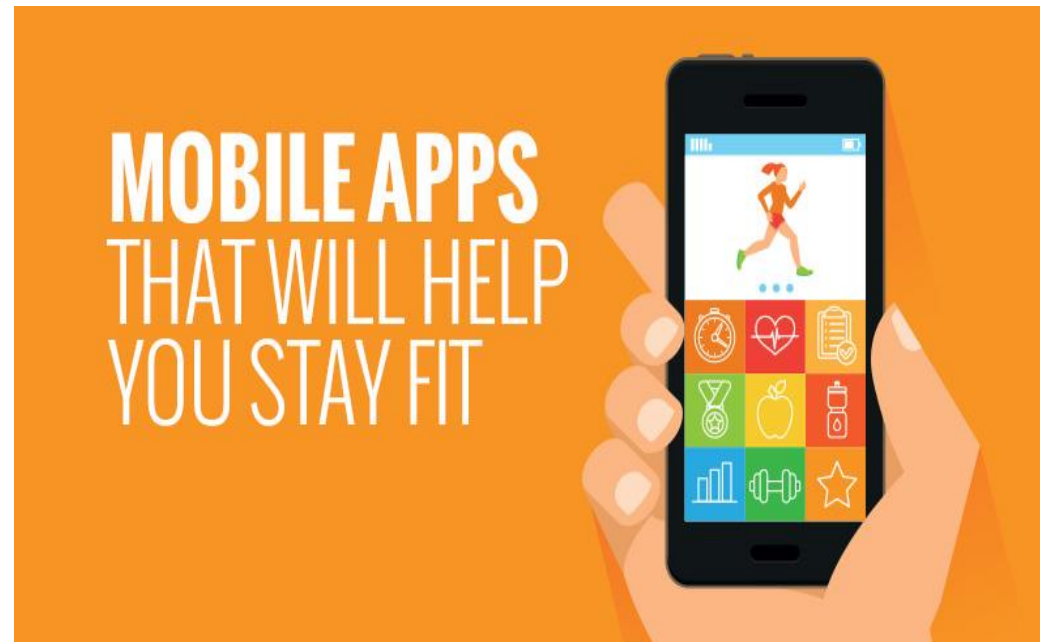
Resources

➤ Phone Apps Workouts

- FitStart
- My Fitness Pal
- The Johnson and Johnson 7 minute workout™
- SWORKIT™
- Employer Wellness Program

➤ Programs/Fitness Challenges

- Strike Kick
- My Virtual Mission
- Inkin
- Fit Bit
- Charity Miles



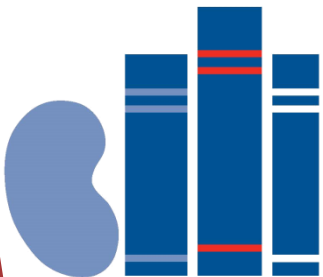
Resources

➤ Internet Resources

- Life Options Exercise: A Guide for People on Dialysis, <https://lifeoptions.org/>
- Arthritis Foundation, <https://www.arthritis.org/living-with-arthritis/exercise/>
- Silver Sneakers, <https://www.silversneakers.com/>
- Class Pass, <https://classpass.com/>
- Physical Therapy, <https://www.physicaltherapists.com/>
- Local Parks and Recreation Department (e.g. free classes, community course catalog)

➤ Mindset Resources

- Phone apps such as Headspace, Calm




Questions

Chat box or unmute phone
line #6



Those who think they have
no time for
EXERCISE
will sooner or later
have to find time for
ILLNESS.



— EDWARD STANLEY —

Thank You for Attending Today!

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Join us for our next webinar:

Relieving Pain Through Laughter

National Humor Month

April 26, 2019
2:00 pm Eastern

Presented by:
Mary Laskin, MN, RN, ACNS-BC
Steve Wilson, Psychologist,
The Joyologist



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