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](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


SIDE-LEG RAISE WITH SUPPORT

A. Hold on to something for balance, like a chair or a counter.

B. Stand on one leg and raise the other sideways, then hold for five seconds.

C. 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:

<table>
<thead>
<tr>
<th>Week #</th>
<th>Strength Exercises</th>
<th># of Reps</th>
<th># of Sets</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>#1-#9</td>
<td>10</td>
<td>1</td>
<td>–</td>
</tr>
<tr>
<td>2</td>
<td>#1-#9</td>
<td>12</td>
<td>1</td>
<td>–</td>
</tr>
<tr>
<td>3</td>
<td>#1-#9</td>
<td>15</td>
<td>1-2</td>
<td>–</td>
</tr>
<tr>
<td>4</td>
<td>#1-#9</td>
<td>15</td>
<td>2</td>
<td>–</td>
</tr>
<tr>
<td>5</td>
<td>#1-#9</td>
<td>15</td>
<td>2-3</td>
<td>–</td>
</tr>
<tr>
<td>6</td>
<td>#1-#9</td>
<td>15</td>
<td>3</td>
<td>–</td>
</tr>
<tr>
<td>7</td>
<td>#1-#9</td>
<td>15</td>
<td>3</td>
<td>–</td>
</tr>
<tr>
<td>8</td>
<td>#1-#14</td>
<td>10</td>
<td>3</td>
<td>–</td>
</tr>
<tr>
<td>9</td>
<td>#1-#14</td>
<td>12</td>
<td>3</td>
<td>–</td>
</tr>
<tr>
<td>10</td>
<td>#1-#14</td>
<td>15</td>
<td>3</td>
<td>–</td>
</tr>
<tr>
<td>11</td>
<td>#1-#14</td>
<td>10</td>
<td>3</td>
<td>1 lb</td>
</tr>
<tr>
<td>12</td>
<td>#1-#14</td>
<td>12</td>
<td>3</td>
<td>1 lb</td>
</tr>
<tr>
<td>13</td>
<td>#1-#14</td>
<td>15</td>
<td>3</td>
<td>1 lb</td>
</tr>
<tr>
<td>14</td>
<td>#1-#14</td>
<td>10</td>
<td>3</td>
<td>2 lb</td>
</tr>
<tr>
<td>15</td>
<td>#1-#14</td>
<td>12</td>
<td>3</td>
<td>2 lb</td>
</tr>
<tr>
<td>16</td>
<td>#1-#14</td>
<td>15</td>
<td>3</td>
<td>2 lb</td>
</tr>
</tbody>
</table>

https://www.cdc.gov/healthyweight/physical_activity/getting_started.html
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:

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

https://www.cdc.gov/healthyweight/physical_activity/getting_started.html
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!
<table>
<thead>
<tr>
<th>Obstacle</th>
<th>Try This</th>
</tr>
</thead>
<tbody>
<tr>
<td>I just don’t have <strong>time</strong> to be physically active.</td>
<td>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.</td>
</tr>
<tr>
<td>I don’t have anyone to go with me.</td>
<td>Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.</td>
</tr>
<tr>
<td>I’m so tired when I get home from work.</td>
<td>Schedule physical activity for times in the day or week when you feel energetic.</td>
</tr>
<tr>
<td>I have so much on my “to do” list already, how can I do physical activity too?</td>
<td>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.</td>
</tr>
</tbody>
</table>
## Motivation Tips

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>Try This</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’ll probably hurt myself if I try to be more physically active.</td>
<td>Consult with a health professional or educational material to learn how to exercise appropriately considering your age, fitness level, skill level, and health status.</td>
</tr>
<tr>
<td>I’m not coordinated enough to be physically active. I can’t learn something new at my age!</td>
<td>Select activities requiring no new skills, such as walking, climbing stairs, or jogging.</td>
</tr>
<tr>
<td>My job requires me to be on the road, it’s impossible for me to exercise.</td>
<td>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.</td>
</tr>
<tr>
<td>I have small children and it’s impossible to have time to myself for exercise.</td>
<td>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.</td>
</tr>
</tbody>
</table>

https://www.cdc.gov/healthyweight/physical_activity/getting_started.html
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, measurable, attainable, realistic, timely. Write it out and post somewhere visible!
     ➢ Example: I will go for a 10-minute 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.

<table>
<thead>
<tr>
<th>What I did</th>
<th>Effort</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>Total hours or minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walked</td>
<td>Moderate</td>
<td>30 min</td>
<td>30 min</td>
<td>30 min</td>
<td>30 min</td>
<td>30 min</td>
<td>2 hours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biked fast</td>
<td>Vigorous</td>
<td>30 min</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>30 min</td>
<td></td>
</tr>
</tbody>
</table>

This is the total number of hours or minutes I did these activities this week: 2 hours and 30 min
## Triple “S” for Success Approach

### Example: My strengthening activities this week

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

<table>
<thead>
<tr>
<th>What I did</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>Total days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit-ups</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 day</td>
</tr>
<tr>
<td>Stretch bands</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 day</td>
</tr>
</tbody>
</table>

This is the total number of days I did these activities this week: ___ days
## Triple “S” for Success Approach

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

<table>
<thead>
<tr>
<th>For flexibility:</th>
<th>Type of Exercise</th>
<th># of minutes</th>
<th># of days</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will __________ for ______________ minutes _______ days per week.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>For strength:</th>
<th>Type of Exercise</th>
<th># of minutes</th>
<th># of days</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will __________ for ______________ minutes _______ days per week.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>For endurance/aerobic fitness:</th>
<th>Type of Exercise</th>
<th># of minutes</th>
<th># of days</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will _______________ for ______ minutes _____days per week.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
  ➢ 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
Thank You for Attending Today!

Please complete Feedback Form

Join us for our next webinar:

**Relieving Pain Through Laughter**

April 26, 2019
2:00 pm Eastern

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

Learn more and RSVP at www.dpcedcenter.org