



Information for patients
and carers

Physical Activity Advice Sheet for People Living with Kidney Disease

Introduction

You have been provided with this advice sheet because a member of the renal medicine team has recommended that you can participate in physical activity.

People with Kidney Disease Can Lead Active Lives.

This advice leaflet is designed to provide you with general information about being physically active. Hopefully it will answer any questions you may have around physical activity and exercise.

Why should I increase my physical activity?

Regular physical activity has many benefits:

- Helps maintain or improve independence.
- Improves ability to perform activities in daily life.
- Improves mood and decreases anxiety and depression.
- Improves physical health.

Even a small increase in physical activity can be of benefit. It is never too late to start.

What can I do to increase my physical activity?

Physical Activity is not all about “exercise”.

1. Try to incorporate physical activity into your normal routine, for example:
 - Walk instead of going in the car for short journeys.
 - Get off the bus one stop earlier and then walk home.
 - Use the stairs if you feel able to.
 - Suggest taking a short walk when meeting family or friends.
2. It should be a physical activity you enjoy and one you feel comfortable doing, for example:
 - Gardening
 - DIY
 - Walking
 - T'ai Chi
 - Aerobics
 - Swimming
 - Dancing
 - Cycling
 - Yoga
 - Bowling
 - Golf
 - Exercise Classes

How to succeed

Persevere - It may take a few weeks to notice a difference.

Be kind to yourself – It doesn't matter if you have bad days or days when you don't do much physical activity and it's normal to find some activities difficult to start with.

Record and Reward – you may find it useful to keep track of your physical activity levels and reward yourself for your achievements.

Support network – you may find it easier to complete physical activity with other people, just make sure you still go at your own speed and within your ability.

Make it Interesting – you could listen to music or walk somewhere new or of interest to you.

What should I wear?

- Something comfortable and loose-fitting.
- Layers so that you can remove an item of clothing if you are feeling too warm.
- Comfortable shoes that have good padding and arch support.

What should I expect during and after physical activity?

During:

- Mild breathlessness, but you should still be able to have a conversation. Remember not to hold your breath during physical activity.
- Mild discomfort due to the effort, but not pain.

After:

- Mild soreness in muscles not used to physical activity, but not so severe that it prevents activity in daily life.
- Feeling tired is normal after physical activity, but complete recovery should be possible within one hour – remember to have a rest and a drink (within any fluid restrictions) when you finish.

How much physical activity should I do?

- Start with 5-10 minutes 3 times a week and build up slowly towards 30 minute sessions 3 times a week.
- For each session of physical activity session start slowly, have a period of increased effort and then end slowly.
- Remember a little is better than nothing.

When should I avoid physical activity?

Do not complete physical activity if you feel unwell.

Seek medical advice from your general practitioner **before** returning to physical activity if:

- You have been unwell or feverish.
- Your medications have changed.
- Your physical condition has changed.
- You have joint or bone problems that become worse with physical activity.

If you experience any of the following during physical activity please **stop**:

- If you are uncomfortably short of breath.
- If you develop pain or discomfort in chest, neck or jaw.
- If you experience palpitations.
- If you feel dizzy or lightheaded.
- If you feel nauseated.
- If you suffer cramps.
- If you experience visual disturbance. (Continues on page 4)

- If you feel excessively fatigued i.e. struggling to perform everyday activities that you would otherwise perform comfortably.

Please seek medical attention urgently by telephoning 111 or 999 if you develop new symptoms that persist despite stopping physical activity and in all cases of chest, jaw and / or neck discomfort.

Condition specific considerations

Diabetes

- If you regularly monitor your blood glucose please continue to do this and discuss any specific concerns with your GP.
- Ensure footwear is well fitting to avoid blisters or sore spots. If physical activity results in any foot problems please seek advice from your GP.

Visual Impairment

- This should not stop you from participating in physical activity.
- Consider adapting the physical activity or doing the physical activity with others.

Fluid and Diet Restrictions

- Fluid and diet restrictions still apply even when you increase your physical activity levels.
- Do not change any fluid or dietary restrictions.

Anaemia

- This should not stop you from participating in physical activity.
- Increase physical activity slowly.

Contact details

Should you require further advice or information please contact our specialist team on 01772 523748.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

The following list provides examples of physical activity resources within the Preston and South Ribble locality.

Local Leisure Centres will have information about what they can offer.

“Better” manages the community Leisure Facilities in Preston

(www.better.org.uk/leisure-centre/preston):

- Fulwood Leisure Centre (Tel: 01772 428930).
- West View Leisure Centre (Tel: 01772 428860).

The South Ribble Community Leisure Trust manages the South Ribble District Council’s Leisure Facilities (www.southribbleleisure.com):

- Bamber Bridge Leisure Centre (Tel: 01772 322012).
- Penwortham Leisure Centre (Tel: 01772 747272).

- Leyland Leisure Centre (Tel: 01772 432285).

Local Charities can help older people and those with health issues become more physically active:

- Heartbeat – Heart Centre Preston North End (Tel: 01772 717147) (www.heartbeat-nwcc.org.uk)
- Lancashire Age UK - Chorley Lifestyle Centre (Tel: 01257 267293) (www.ageuk.org.uk/lancashire/)

Other organisations can also support physical activity

Walking for Health

- Intact Preston (Tel: 01772760760) (www.walkingforhealth.org.uk/walkfinder/intact-preston-health-walks)
- Cuerden Valley (Tel: 01772324436) (www.walkingforhealth.org.uk/walkfinder/cuerden-valley-walks)

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Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Lancashire Teaching Hospitals is a smoke-free site

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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