

Education Sheet (Ages 0-12 months)

# L.I.F.E. with Cystic Fibrosis

## Lifetime Involving Fitness and Exercise

Fitness and exercise are important for the well-being of children living with Cystic Fibrosis. Listed below are suggested exercise activities for children ages 0-12 months.

### Chest mobility

- Crawl over various surfaces
- Reach overhead with both arms for toys or to pop bubbles
- Reach to either side with both hands to encourage trunk rotation
- Roll
- Throw balls
- Lay on stomach, prop up on forearms
- Play games like "So Big" to stretch arms up or "Itsy Bitsy Spider"

### Core strengthening

- Roll
- Sit independently
- Push or pull toys

### Leg strengthening/high impact

- Crawl over various surface, such as couch cushions or a bean bag chair
- Climb up and down on the couch, on a bed, or on playground equipment
- Squat while holding onto the couch or independently to get toys
- Play in a squat position with a toy or puzzle
- Play standing on floor or standing on your lap to encourage weight through legs
- Walk up and down stairs with hand held

### Endurance

- Crawl up and down the stairs
- Ride toys
- Walk with child's hand held
- Place toys on the couch or coffee table to encourage standing and cruising
- Water play or enroll in baby swim classes
- Enroll in Community Education and other programs (swimming, and "Baby and Me" exercise classes)

### Other

- Enroll in an infant massage class

**For more information contact the Children's physical therapy department at (612) 813-6709.**