



Education Sheet (Ages 1–3 years)

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 1-3 years.

Breathing exercises

- Sing sounds using high and low pitches and hold a sound for as long as you can
- Use a long straw for drinking
- Pretend to blow out candles
- Blow bubbles
- Take a full breath in and blow it out
- Blow cotton balls or tissue across a table

Chest mobility

- Read books, watch TV, or do puzzles while lying on stomach
- Play crawling games (pretend animal play or crawl under things)
- Reach overhead with both hands to grab objects
- Throw or roll a ball back and forth
- Practice throwing or catching while standing
- Prop on forearms to watch TV or play a game
- Pretend to swim on land
- Swing or twirl long ribbons in the air

Core Strengthening

- Roll
- Sit independently
- Walk backward while pulling a toy
- Push or pull a toy or chair

Leg strengthening/high impact

- Bounce or jump over objects or down from objects
- March
- Walk up and down stairs or hills
- Step over objects on the floor
- Kick a ball

Endurance

- Encourage walking
- Play running games
- Ride toys (a play car that is propelled with feet or a tricycle)
- Practice motor skills (at a gym or playground)
- Dance to music
- Enroll in Community Education or other programs (swimming, gymnastic, soccer, t-ball, etc.)

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