

Education Sheet (Ages 4-6 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 4-6 years.

Breathing exercises

- Blow bubbles or whistles
- Take a full breath and blow it out
- Sing
- Blow up balloons
- Have a contest to see who can hold their breath the longest

Chest mobility

- Crawl on hands and knees
- Hit a balloon back and forth
- Roll
- Practice ball skills (throwing, catching, dribbling, batting)
- Hit a ball with a bat

Core strengthening

- Do sit-ups to grab stickers off knees
- Roll
- Pop bubbles with feet, grab stickers off feet
- Pretend to walk like an animal (crab, bear, penguin, etc.)
- Push and pull a heavy toy or play a game that you can push or pull like "Tug a War"
- Climb at a playground

Leg strengthening/high impact

- Jump forward, over objects, and down from objects
- Ride a bicycle/tricycle

- Play hopscotch, hop on one foot
- Climb stairs (only one foot on each step)
- Do an obstacle course (balance, climb, jump, etc.)
- Do squatting activities (squatting to get a game piece or puzzle pieces)
- Do jumping jacks
- Walk up and down hills
- Kick balls (soccer, kickball, etc.)

Endurance

- Use a reward system (stickers) after playing an active game for 5-15 minutes
- Play "Tag" or other running games
- Practice motor skills (at a gym or playground)
- Jump on a trampoline
- Walk
- Play games ("Simon Says," "Hide and Seek," "Red Light/Green Light," etc.)
- Dance
- Bike
- Ride a scooter
- Enroll in Community Education or other programs (swimming, gymnastics, soccer, baseball etc.)

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