

Education Sheet (Ages 7 years and older)

L.I.F.E. with Cystic Fibrosis

Lifetime Involving Fitness and Exercise

Fitness and exercise are important for the well-being of children, teens, and adults living with Cystic Fibrosis. Listed below are suggested exercise activities for those ages 7 years and older.

Breathing exercise

- Sing, blow bubbles, blow whistles
- Have a contest to see who can hold their breath or sing a note the longest
- Sing
- Play a wind instrument

Chest mobility

- Throw, catch, dribble, or bat at a ball with hands, reaching arms over head
- Lay on back with knees bent and drop knees down to the side
- Lay on stomach and push up with arms, keeping stomach on floor
- Baseball/hitting ball with bat
- Play basketball
- Play at the playground (climb, hang, crawl, swing on a rope, etc.)
- Crawl across room (on all fours or in a crab-walking position)

Core strengthening

- Squeeze shoulder blades together
- Twist your trunk slowly to the left and right
- Do sit-ups, crunches
- Pretend to swim while lying on your stomach
- Lift one arm or leg while on your hands and knees, keep your body still while lifting each limb
- Enroll in Pilates or Yoga classes

Leg strengthening/high impact

- Jump forward, backward, side to side, diagonally, or up and down from a step
- Hop on one foot in all different directions, play hopscotch
- Run up and down stairs placing one foot on each step or skipping every other step
- Jump rope
- Walk/run forward, backward, diagonally
- Climb hills or stairs
- Do an obstacle course
- Kick balls (soccer, kickball, etc.)
- Pylometrics (high impact exercises)

Endurance

- Walk, run, or use a treadmill
- Swim
- Bike
- Skate, rollerblade
- Jump on a trampoline
- Play tag
- Ride a scooter or skateboard
- Get involved with organized sports
- Dance
- Exercise at a gym or health club (swimming, aerobics classes, running, spinning, any activity that you can increase your heart rate)

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