

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

Improve diaphragm strength to breathe and cough more effectively, and help relax.

- 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
- Make animal sounds

Chest mobility

Improve posture for more efficient breathing and improved endurance.

- Play crawling games (pretend animal play or crawl under things)
- Reach overhead with both hands to grab objects
- Practice throwing or catching while standing
- Prop on forearms to read books, watch TV, do puzzles or play a game
- Pretend to swim on land
- Swing or twirl long ribbons in the air
- Wheelbarrow walk

Core strengthening

Improve posture and breathing support.

- Roll
- Sit independently
- Walk backward while pulling a toy
- Push or pull a toy or chair
- Get up and down from the floor

Leg strengthening

Improve bone density.

- 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

Keep up with peers.

- 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, gymnastics, soccer, etc.)

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