



## Education Sheet (Ages 13+)

# 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 aged 13 and older.

### Breathing exercises

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

- Sing
- Play a wind instrument
- Yoga
- Swim
- Pilates

### Chest mobility

Improve posture for more efficient breathing and improved endurance.

- Throw, catch, dribble, or hit 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

### Core strengthening

Improve posture and breathing support.

- Squeeze shoulder blades together
- Twist your spine slowly to the left and right
- Do sit-ups, crunches
- Pretend to swim while lying on your stomach
- On hands and knees, lift one arm or leg up as high as you can and stretch outward. Keep your body still while lifting each limb. Advance to lifting opposite arm and leg at the same time
- Take Pilates or Yoga classes

### Leg strengthening

Improve bone density.

- Sports drills: on both legs or on a single leg jump forward, backwards, side to side, diagonally, or jump up and down from a step
- Sports training: run up and down stairs taking them one or two at a time
- Jump rope
- Walk/run forward, backward, diagonally
- Climb hills or stairs
- Do an obstacle course
- Kick balls (soccer, kickball, etc.)

### Endurance

Keep up with peers when playing.

- Walk, run, or use a treadmill
- Swim
- Bike
- Skate, rollerblade
- Jump on a trampoline
- 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)
- Go hiking

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