Education Sheet (Ages 7 -12 years)
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 7-12 years old.

Breathing exercises

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

- Sing
- Yoga
- Swim

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.

- 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.)

Endurance

Keep up with peers when playing.

- 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 to increase your heart rate)

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