

**Education Sheet (Ages 0-12 months)**  
**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 aged 0-12 months.

**Chest mobility**

Improve lung expansion and posture.

- Crawl over various surfaces
- Reach overhead with both arms for toys or to pop bubbles
- Reach to each side with both hands to encourage trunk rotation
- Shake a rattle
- Lay on stomach, prop up on forearms
- Play games like “So Big” to stretch arms up or “Itsy Bitsy Spider”

**Core strengthening**

Improve posture and breathing support.

- Roll
- Sit independently
- Push or pull toys
- Side sit
- Push up into sitting
- Grab feet with hands

**Leg strengthening**

Improve posture and breathing support.

- Crawl over various surfaces, such as couch cushions or a bean bag chair
- Climb up and down on the couch, on a bed, or on playground equipment with supervision
- Squat while holding onto the couch or independently to get toys
- Play in a squat position with a toy or puzzle
- Play standing on floor or standing on your lap to encourage weight through legs
- Walk up and down stairs with hand held

**Endurance**

Advance motor skills.

- Crawl up and down the stairs with supervision
- Ride toys
- Walk with child's hand held
- Place toys on the couch or coffee table to encourage standing and cruising
- Water play or enroll in baby swim classes
- Enroll in Community Education and other programs (swimming, and “Baby and Me” exercise classes, infant massage)

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