



MOVE IT

Exercise and Your Kidneys

Physical inactivity is linked to a DECLINE in kidney function among older adults. So... Let's move it!

4 Reasons you should consider more exercise if you have CKD

Physical activity may help limit chronic kidney disease (CKD) progression. This is one of the things you can do to help change the course of your disease!



1. More physical activity may actually lead to less decline in kidney function.

- People with >150 minutes of activity per week had the lowest rate of kidney function decline.
- Each 60-minute increment of activity per week was linked to 0.5% slower decline in kidney function per year.

2. Even small amounts of exercise can have a positive impact.

- A six-month regimen of walking just 30 minutes per day five days a week was linked to measurable anti-inflammatory effects in the body.
- Walking regularly or taking the stairs are examples of how to get more exercise for people who are just getting started.



3. There is ongoing research to examine the phenomenon of "crosstalk" between skeletal muscle and kidneys.

- Can skeletal muscle affect growth and regenerative properties in damaged kidneys?
- This paradigm is actively being pursued, with basic research in support of this finding.

4. Exercise can help your overall health including you mental state.

Exercise can improve your physical and emotional well-being. In CKD patients, studies have shown that both resistance (exercise with weights) and aerobic (exercise such as swimming or running) training can improve the following:

- Overall physical function
- Quality of life
- Symptoms of depression
- Patient survival
- Number of hospitalizations



Exercise for people with CKD is not a one plan fits all, please consult your physician before beginning any exercise program.

SOURCES :

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- 1 Clin J Am Soc Nephrol. Physical activity & Hospital survival in CKD. 10/14 vol 9(10).
- 2 Am J Kidney Dis. 2012;59(1):126-134.
- 3 Ibid.
- 4 J Am Soc Nephrol 25: 399-406, 2014
- 5 Clin J Am Soc Nephrol. Physical activity & Hospital survival in CKD. 10/14 vol 9(10).
- 6 J Am Soc Nephrol 25: 399-406, 2014
- 7 J Am Soc Nephrol. Exercise & Inflammation in CKD. 9/14 vol 25(9)
- 8 J Am Soc Nephrol 25: 2681-2683, 2014.