

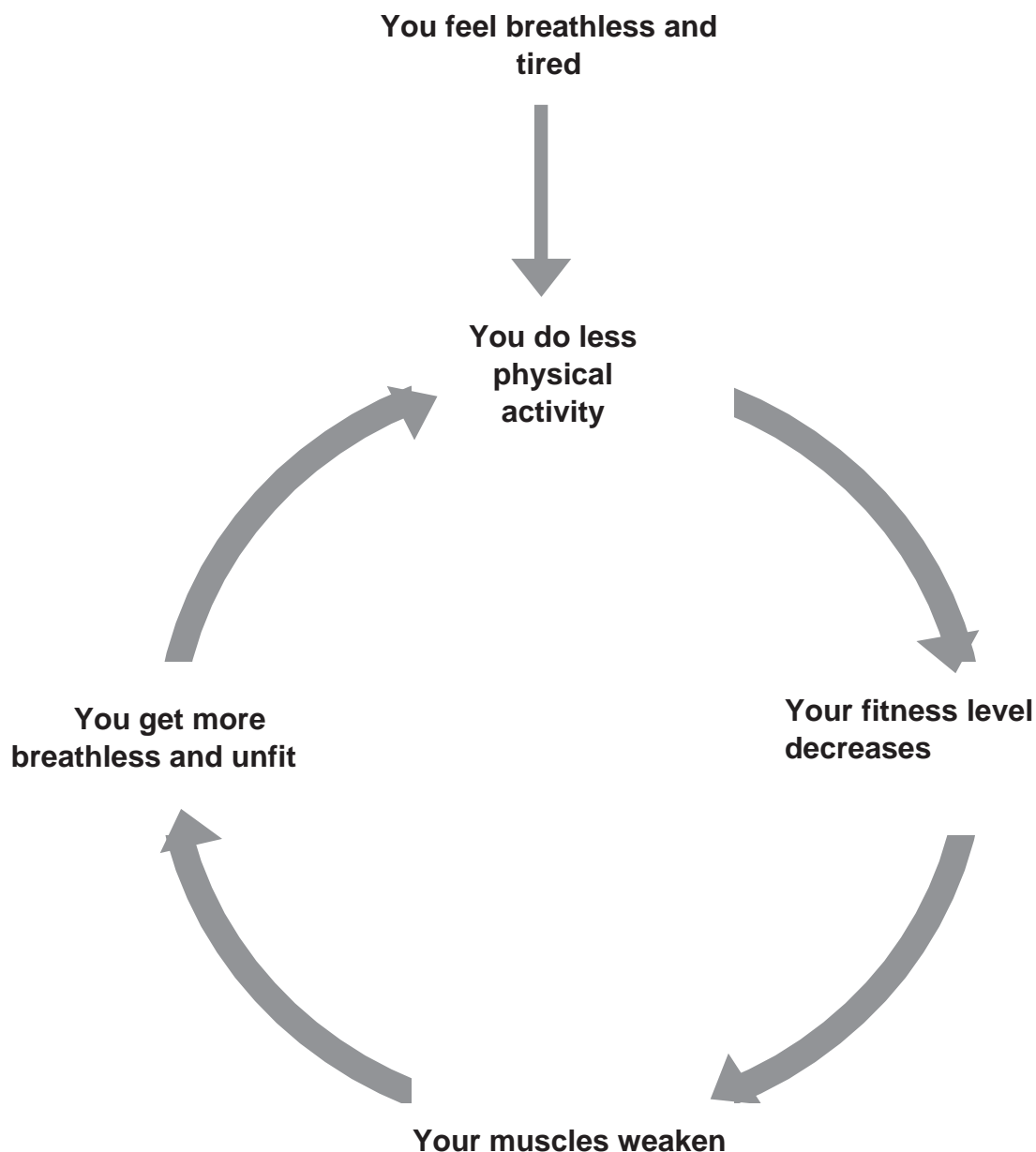
Exercise diary

This exercise diary will be a record of your exercises and your level of fitness, helping both you and us to monitor any changes. We hope that you will notice an improvement from week to week.

Exercising might seem daunting but it has lots of proven benefits. It can improve your quality of life and perhaps allow you to re-discover activities you thought you could no longer do.

Why inactivity makes me worse

People with kidney disease can get stuck in a vicious cycle of inactivity:



How can I break this cycle?

In order to break this cycle of inactivity you need to exercise. Exercising makes you out of breath – this is normal. It is not dangerous to get out of breath from physical activity. As you get fitter you may get less breathless and your breathing may get back to normal more quickly after exercise.

The benefits of exercise

Exercise can bring specific benefits to people with chronic kidney disease as well as general improvements to health and well being.

The benefits to renal patients are:

- improved exercise ability
- improved energy levels
- improved control of breathing
- reduced breathlessness
- reduced leg tiredness
- reduced number of infections
- reduced number of days in hospital
- reduced feeling of depression
- increased ability to do your daily activities
- increased ability to return to work.

General benefits are:

- improved muscle strength
- improved sleep pattern
- improved self-esteem
- improved energy levels
- improved bone density
- regulated appetite
- reduced stress
- reduced risk of developing heart problems
- keeping supple
- increased sense of well-being – endorphins or ‘happy hormones’ are released.

How to exercise safely

It is very important you follow these simple rules. Make sure that you:

- **always** warm up before exercising (see page 4)
- **always** cool down after exercising (see page 11)
- wear loose comfortable clothing and shoes
- make sure you have eaten lightly but wait at least an hour after a meal
- ensure you drink plenty of water.

Stop if you:

- get chest pains or tightness
- get dizzy or nauseous
- feel clammy or cold
- feel increasingly wheezy
- feel joint or muscles pain
- feel very tired.

Different ways to exercise

You can exercise anywhere. There are many forms of exercise that can be enjoyable.

Here are some different ways to exercise:

- walking to the local shops
- walking your dog
- getting off the bus one stop early
- doing some gardening
- dancing
- bowling
- yoga, pilates or tai chi
- walking groups
- aqua-aerobics
- swimming.

If you find it difficult to get out of the house, or prefer to stay indoors, you can exercise by:

- walking around the house
- climbing the stairs
- cleaning and tidying
- following the exercises in this diary.

How often should I exercise?

Ideally every day, but at least three to four times a week for 20–30 minutes. Make sure you warm up and cool down each time you exercise. This may seem like a lot, but once you get started you should soon start to feel the benefits.

How should exercising make me feel?

It is important that exercise makes you feel breathless. This is essential for you to get fitter and feel the benefits. You may feel slightly sweaty and find that your heart beats faster. This is normal.

One good way of knowing how hard to work is with this simple idea – while you are exercising, try and say the following sentence:

‘This exercise programme is going to do me good!’

- If you can say the whole sentence without stopping, you are not working hard enough!
- If you can't speak at all, or say more than one word at a time, you are working too hard.
- If you're able to say the sentence slowly with a few stops, that's just right.

What equipment will you need to exercise?

- a dining room chair
- some arm weights (water-filled plastic bottles, tin cans – you can be imaginative)
- a heavy book or phone directory
- a clear wall
- a clock or a watch
- a clear area to exercise in (clear away any rugs or clutter).

Warm up

You can do this sitting or standing.

It is very important to warm up properly so that you don't injure yourself.

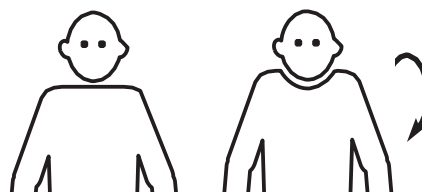
Shoulder shrugs 4 x up and down

Slowly lift your shoulders up to your ears then lower them again.



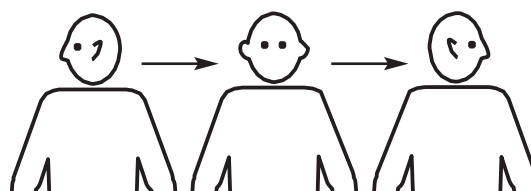
Shoulder circles (arms by side) 4 x each direction

Lift your shoulders round in a circle. Do this forwards and backwards



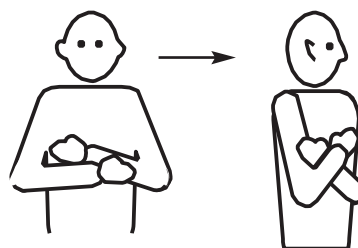
Head turns 2 x each side

Slowly turn your head as far to the right as you can, then bring back to the centre and turn to the left.



Trunk twists 2 x each side

Sit in a chair or stand, with your feet shoulder width apart, arms folded in front of you. Keeping your hips facing forwards and your legs still, turn your shoulders around to the right, back to the middle, then round to the left.



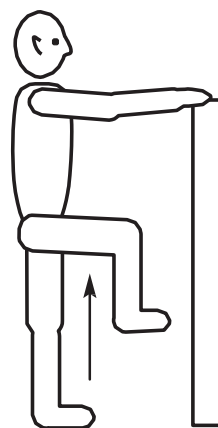
Side bends 2 x each side

Keep your body straight and put your arms by your side. Slide your right arm down your body towards the floor. Don't lean forwards. Slide your arm back up, then repeat on your left.



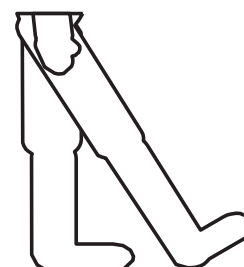
Knee lifts (hips and knees) 4 x each leg

Hold onto a secure surface. Slowly lift one knee up to hip level, not too high, then lower again. Repeat with the other leg.



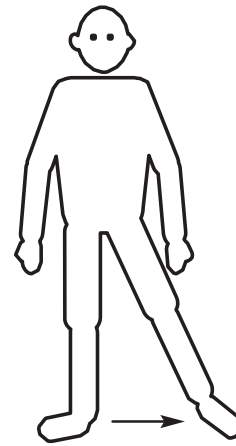
Heel dig forward 4 x each side

Stand with your hands on your hips. Place one foot in front of the other and put your heel gently on the ground. Then bring the foot back to a standing position. Repeat with the other leg.



Toes taps to the side 4 x each side

Stand. Put your right leg out to the side and tap your toe on the ground. Bring this leg to the centre and then repeat with your left.



Marching on the spot

Stand tall. Standing with feet hip width apart, march on the spot for up to one minute.

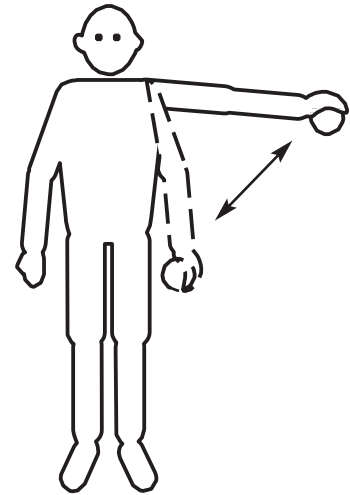


Exercises

These are a combination of exercises designed to work your whole body. It is important to do them all so that you work all your muscles.

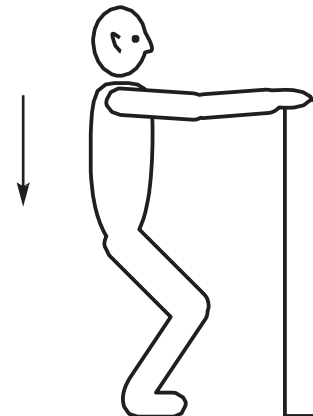
Arm raises

- Stand with feet hip width apart.
- Hold arm weights in your hands by the side of your body with palms facing inwards (you can use a tin can as a weight).
- Keeping your arms straight lift to the side to shoulder height keeping in line with your body. Slowly lower your arms back to the side of your body.
- Do this exercise up to 10 times. You can repeat the set up to a maximum of three times having a short rest between sets.



Squats

- Stand with feet hip-width apart, lightly holding onto a sturdy surface for balance.
- Slowly bend your knees keeping your body upright.
- Go down as far as is comfortable, making sure your bottom stays higher than your knees.
- Keep your heels flat on the floor at all times.
- Slowly straighten your knees to come upright again.
- Do this exercise up to 10 times. You can repeat the set up to a maximum of three times having a short rest between sets.



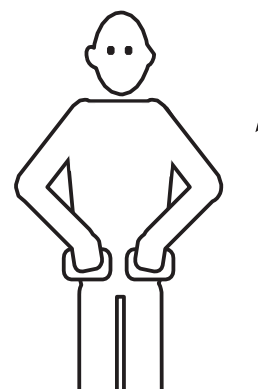
Marching on the spot

- Stand tall.
- Standing with your feet hip width apart, march on the spot lifting your knees up as you march.
- Try to swing your arms as you march, keeping them close to your body. Do this exercise for up to two minutes. You can take a rest and start again if you get too breathless.



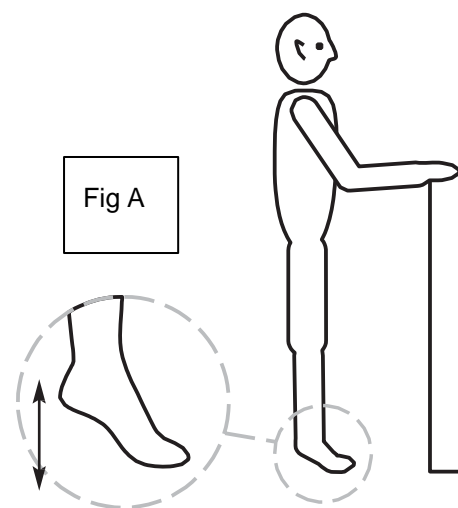
Upright rowing

- Feet shoulder width apart, arms by your sides.
- Holding weight in both hands, palms facing your body, lift your hands up towards your chest.
- Do this exercise up to 10 times. You can repeat the set up to a maximum of three times having a short rest between sets.



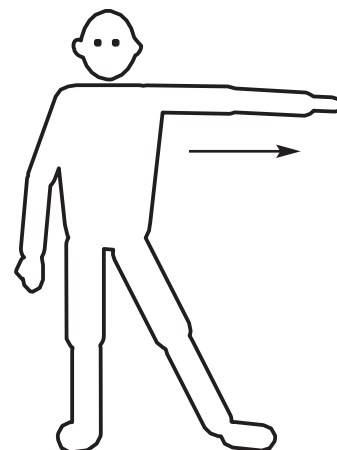
Heel raises

- Stand with feet hip width apart. Gently rest your hands on a sturdy surface to support you. This is for balance and you should not lean on it.
- Keeping your weight over the centre of your feet, lift up onto the balls of your feet.
- Slowly lower down again.
- As you progress with your exercise, you can start to hold yourself on the balls of your feet up to the count of four, as in Fig. A.
- Do this exercise up to 10 times. You can repeat the set up to a maximum of three times having a short rest between sets.



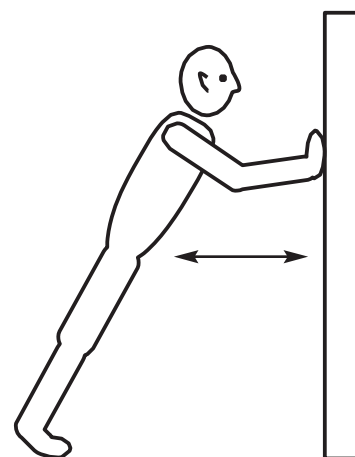
Star jacks

- Move your right arm and right leg out to the side at the same time. Bring them back to the centre.
- Repeat with the left arm and leg.
- Keep repeating taking left and right sides in turn.
- Do this exercise for up to two minutes. You can take a rest and start again if you get too breathless.



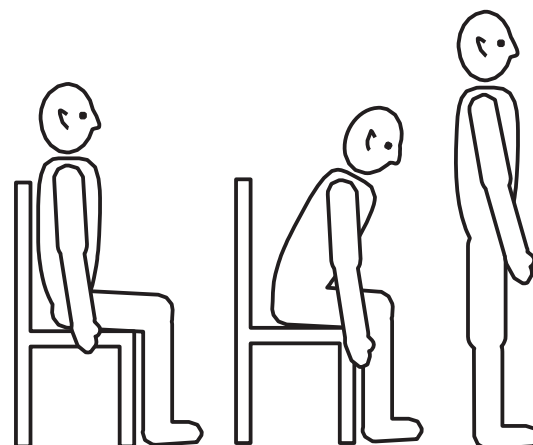
Wall push-offs

- Make sure you keep your body in a straight line at all times.
- Stand facing a wall with your feet hip width apart and up to three feet from the wall.
- Rest your palms on the wall at shoulder height (this should involve you leaning forward slightly).
- Bend your elbows so that you are doing press ups against the wall. Keep your head facing forward.
- Do this exercise up to ten times. You can repeat the set up to a maximum of three times having a short rest between sets.



Sit to stand

- Sit towards the edge of an upright chair. Keep your feet hip width apart.
- Have your arms loosely by your side. Stand up and sit down again.
- When going from sitting to standing position, lean slightly forward to get up.
- The slower you do this the better, you can also make it harder by holding a heavy book.
- Do this exercise up to 10 times. You can repeat the set up to a maximum of three times having a short rest between sets.



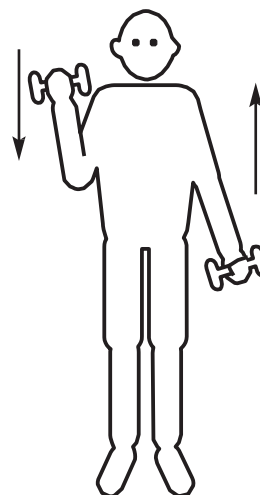
Marching on the spot (again)

- Stand tall.
- Standing with your feet hip width apart, march on the spot lifting your knees up as you march.
- Try to swing your arms as you march, keeping them close to your body. Do this exercise for up to two minutes. You can take a rest and start again if you get too breathless.



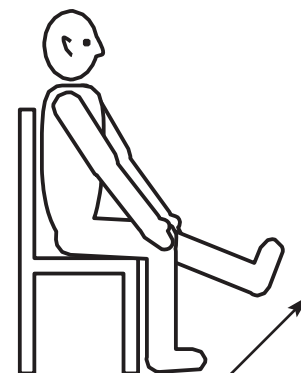
Biceps curl

- Sit or stand with arms by side.
- Hold arm weights in your hands with your palms facing forwards. Slowly bend your elbows to bring the weights up to your shoulders. Slowly straighten your arm again.
- If this exercise is difficult, do one arm at a time.
- If you find this exercise very difficult, you can use a table to support your elbows.
- Do this exercise up to ten times. You can repeat the set up to a maximum of three times having a short rest between sets.



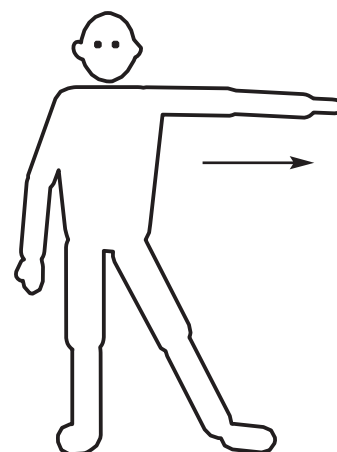
Seated leg raise

- Sitting well back on an upright chair with your back supported.
- Slowly straighten one knee.
- Then bring foot back down to the floor.
- Do this exercise up to ten times with this leg then do the exercise with the other leg. You can repeat the set up to a maximum of three times having a short rest between sets.



Star jacks (again)

- Move your right arm and right leg out to the side at the same time. Bring them back to the centre.
- Repeat with the left arm and leg.
- Keep repeating taking left and right sides in turn.
- Do this exercise for up to two minutes. You can take a rest and start again if you get too breathless.



Cool down

Just like the warm up, the cool down is very important. Cooling down allows your body to gradually wind down.

Gentle marching on the spot

- Stand tall.
- Standing with feet hip width apart, gently march on the spot for up to one minute.



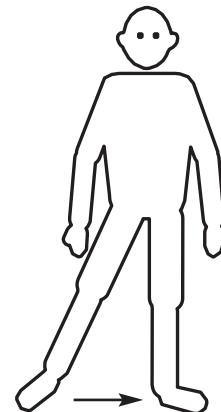
Heel dig forward 4 x each side

- Stand with your hands on your hips.
- Place one foot in front of the other and put your heel gently on the ground. Then bring the foot back to a standing position. Repeat with the other leg.



Toes taps to the side 4 x each side

- Stand.
- Put your right leg out to the side and tap your toe on the ground. Bring this leg to the centre and then repeat with your left.



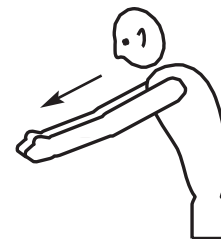
Cool down stretches

These can be done standing or sitting.

None of them should be painful – you should just feel a slight stretch. Try to hold each stretch for 10–20 seconds.

Back stretch

- Clasp your hands together, reach your arms forward arching your back.
- You should feel a slight stretch in the muscles between your shoulder blades.



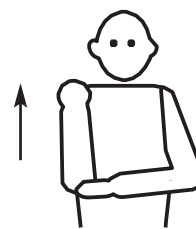
Chest stretch

- Clasp your hands behind your back.
- Pull your shoulders back and your elbows together. You should feel a slight stretch in the muscles at the front of your chest.



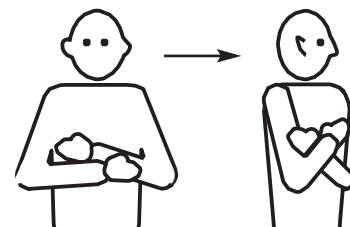
Arm stretch

- Put your right hand on your right shoulder and lift your elbow upwards.
- You can help to lift it and stretch it further with help from your left hand.
- Repeat with the left arm. You should feel a slight stretch on the back of your upper arm.



Trunk stretch

- Fold your arms across your body.
- Keeping your body below the waist facing forwards, turn your upper body to the right.
- Hold for a few moments.
- Slowly return to the middle and repeat to the left.



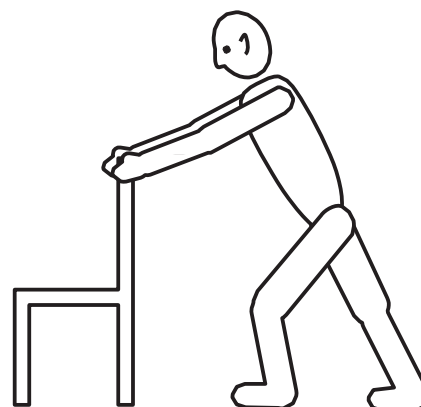
Side stretch

- Feel hip width apart, slowly slide right hand down right leg if standing (down right hand side of chair if sitting).
- You should feel a slight stretch down the left hand side of your body.
- Return to starting position and repeat to the left.



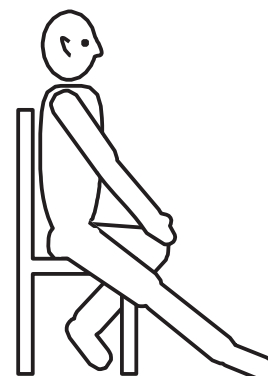
Calf stretch

- Stand with feet hip width apart, holding onto something sturdy.
- Put one foot about 12" in front of the other with both feet facing forwards.
- Bend the front knee and keep the back knee straight.
- Push the heel of the back foot into the floor.
- Swap legs around and repeat. You should feel a slight stretch in the calf muscle of the back leg.



Hamstring stretch

- Sit on the edge of a chair.
- Have one leg bent and the other completely straight in front of you.
- Point your toes to the floor.
- With your hands on the bent knee, sit up tall with a good posture, bend at the waist and move your upper body slightly forwards.
- You should feel a slight stretch in the back of the thigh of the straight leg. Swap legs round and repeat.



Exercise diary to fill in

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm Up							
Arm Raises							
Squats							
Marching on the Spot							
Upright Rowing							
Heel Raises							
Star Jacks							
Wall Push Offs							
Sit To Stand							
Marching On The Spot							
Bicep Curls							
Seated Leg Raises							
Star Jacks							
Cool Down							

Contact us

If you have any questions or concerns about exercising, please contact your kidney care team or the renal physiotherapy team on 020 7188 5106, Monday to Friday, 9am to 4.30pm.

Out of hours, please leave a message and a member of staff will contact you as soon as possible.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk/membership

Leaflet number: 3046/VER3

Date published: February 2017

Review date: February 2020

© 2017 Guy's and St Thomas' NHS Foundation Trust