

## HOW EXERCISE HELPS

Exercise is essential to keeping our bodies and minds healthy.

Maintaining an active lifestyle is particularly important for patients with Chronic Kidney Disease (CKD) – it is key to having more energy to do daily activities.

Unfortunately people with CKD often become less active.

The benefits of staying active:

- improved energy, mood & quality of life
- improved muscle strength & endurance
- increased exercise tolerance
- improved flexibility

Exercise has been shown to improve:

- blood pressure
- bone density and strength
- blood sugar levels
- quality of dialysis

The Manitoba Renal Program offers many exercise options for patients who dialyze.

Keep reading to see which option is best for you.



FOR MORE INFORMATION  
CONTACT US AT:

### MANITOBA RENAL PROGRAM:

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2300 McPhillips Street  
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Phone: 204.632.3607  
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[kidneyhealth.ca](http://kidneyhealth.ca)



The Manitoba Renal Program provides education and care for people at risk of developing kidney disease and people with chronic kidney disease.

**Kidney Disease may happen before you feel sick. Blood and urine tests help to show if your kidneys are healthy.**

# EXERCISE & CHRONIC KIDNEY DISEASE

[kidneyhealth.ca](http://kidneyhealth.ca)



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de notre santé

## OUR COUNSELLING CLINIC

If you are currently being treated by the Manitoba Renal Program you can be referred to our Exercise Counselling Clinic. The clinic is a great way to get accurate information on how to safely start a new exercise program.

The clinic will help you:

- identify the right level of exercise for your personal fitness and health conditions
- set safe goals for your exercise program
- connect with the program options that best suit you

The Exercise Counselling Clinic is hosted at the Wellness Institute at Seven Oaks General Hospital.

Ask your doctor or other health professional if the Exercise Counselling Clinic is right for you.



## CYCLING ON DIALYSIS

Cycling is a great way to stay active while living with kidney disease – and the best part is you can do it at the same time as you receive dialysis.

Cycling during dialysis treatment helps pass the time while working towards boosting your energy levels and physical fitness.

Talk to your health-care provider about how to start cycling on dialysis.

## STAY FIT FOR LIFE

Regular physical activity is an important part of your care. Talk to your doctor or health professional about these programs, and what might work for you to stay active and healthy.

## THE LEAN KEEN KIDNEY MACHINES PROGRAM

Lean Keen Kidney Machines is a physical activity and lifestyle awareness class.

This program offers 10 weeks of exercise and education for people with all stages of CKD.

Lean Keen Kidney Machines offers a two hour exercise and education class each week and includes topics like healthy nutrition, goal setting and understanding chronic kidney disease.

This program is available throughout the week at the following sites:

- Wellness Institute – 1070 Leila Avenue
- Reh-fit Centre – 1390 Taylor Avenue

To register for Lean Keen Kidney Machines call Krista at (204) 631-3039.

