



L.I.F.E. with Cystic Fibrosis

Lifetime Involving Fitness and Exercise

(Ages 4-7 years)

Fitness and exercise are important for the well-being of children living with Cystic Fibrosis. Listed below are suggested exercise activities for children 4-7 years.

Breathing exercises

- Blow bubbles or whistles
- Take a full breath and blow it out
- Sing
- Blow up balloons
- Have a breath holding contest
- Play hopscotch, hop on one foot
- Climb stairs (only one foot on each step)
- Do an obstacle course (balance, climb, jump, etc)
- Do squatting activities or jumping jacks
- Walk up and down hills
- Kick balls

Chest mobility

- Crawl on hands and knees
- Hit a balloon back and forth
- Roll
- Practice throwing, catching, dribbling rolling or batting a ball
- Hang from arms on jungle gym

Core strengthening

- Do sit-ups and grab stickers off knees
- Roll
- Pop bubbles with feet
- Pretend to walk like a crab, bear, penguin, etc.
- Push or pull a heavy toy (tug-o-war)
- Climb at a playground
- Wheel-barrel races

Leg strengthening/high impact

- Jump forward, backwards up and down over objects
- Ride a bicycle/tricycle or big wheel

Endurance

- Use a reward system (stickers or treat) after playing a game for 10-20 minutes
- Play “tag” or other running games
- Practice motor skills
- Jump on a trampoline
- Walk, run, skip, dance
- Play games (“Simon Says”, “Hide ‘n Seek”, “Red light/Green light”, etc)
- Ride a scooter, bike, skateboard, etc.
- Enroll in gymnastics, soccer, baseball, swimming, etc.
- Wii fit games

*For more information contact the
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