



L.I.F.E. with Cystic Fibrosis

Lifetime Involving Fitness and Exercise

(Ages 8 and older)

Fitness and exercise are important for the well-being of children, teens, and adult living with Cystic Fibrosis. Listed below are suggested exercise activities for those 8 years and older.

Breathing exercise

- Sing, blow bubbles, whistle
- Have a contest to sing or hold breath the longest
- Play a wind instrument

Chest mobility

- Throw, catch, dribble or bat a ball with hands, reaching arms over head
- Lay on back with knees bent and drop knees down to one side then the other
- Lay on stomach and push-up with arms
- Play basketball
- Climb, hang, crawl, swing at a playground
- Crawl like a crab on all fours

Core strengthening

- Squeeze shoulder blades together
- Twist your trunk slowly to the left and right
- Do sit-ups or crunches
- Swim
- Lift one arm or leg while positioned on your hands and knees, keep your body still while lifting each
- Enroll in Yoga or Pilates classes

Leg strengthening/high impact

- Walk or jump forward, backward, side to side, diagonally, or up and down from a step
- Hop on one foot in all different directions or play hopscotch
- Jump rope
- Climb hills or stairs
- Do an obstacle course
- Kick balls, play soccer
- Take up karate

Endurance

- Walk, run, swim or bike or use treadmill
- Skate or rollerblade
- Ride a scooter or skateboard
- Jump on trampoline
- Play tag
- Ride a scooter or skateboard
- Join organized sports
- Dance
- Get a Wii fit
- Exercise at a gym or health club (swimming, aerobics classes, running, spinning, yoga, Pilates, etc)

*For more information contact the
Respiratory Therapists in the Pediatric
Pulmonary Department 585-275-6543*

