

CF Lung Health Anthology



April 30, 2008



| Adding *tomorrows* every day.

This Web cast is supported by an unrestricted educational grant from Genentech, Inc.

Exercise & CF



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Benefits of Exercise

- **Strengthens heart & lungs**
- **Increase bone & muscle strength**
- **Helps clear secretions from airways**
- **Psychological benefits**
- **Improved quality of life**
- **Makes it easier to do what you want to do**

Benefits of Exercise

- **People with CF who exercise regularly, live longer**



Types of Exercise

- **Flexibility**
 - **Stretching**
- **Strengthening**
 - **Resistance exercise**
- **Aerobic or endurance**
 - **Walking or biking**



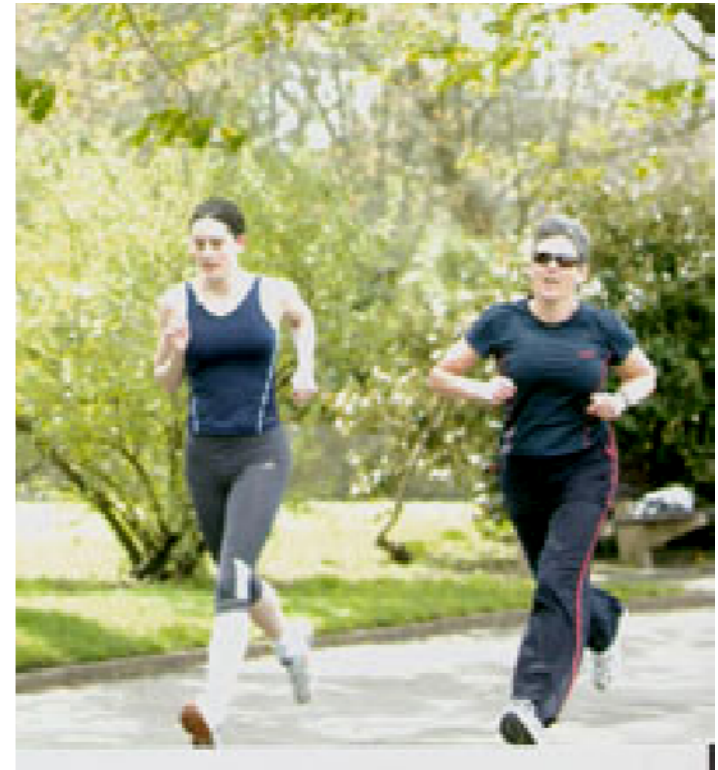
How Hard Should I Work?

- **Rating of perceived exertion**
- **When exercising, ask “How hard am I working?”**
- **Try to stay at a “Somewhat hard” level**

0	Nothing at all
1	Very Light
2	Light
3	Moderate
4	Somewhat Hard
5	Hard
6	
7	Very Hard
8	
9	
10	Very Very Hard

The Talk Test

- **If you can whistle or sing, you're not working hard enough**
- **If you can talk a little, you're working at the right level**
- **If you can't talk at all, you're working too hard**



Resources for Physical Activity

- Physical Activity for Everyone
www.cdc.gov
- Tips for Increasing Physical Activity
www.mypyramid.gov/ - click on “Inside the Pyramid”
- Healthier U.S. www.healthierus.gov/
- Body and Mind (for children)
www.bam.gov/ - Physical Activity

THANK YOU!

- **Annie Mejia Downs, P.T., M.P.H. & Ron Black for presenting**
- **You for watching & submitting questions**
- **University of Indianapolis for hosting**
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- **Genentech**
- **Sarah Waybright & the CF Foundation**

Thank You



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