



Kidney Q&A

0-3 months

Life Options Rehabilitation Program
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Q: Where can I find a safe place to exercise?

A: **The best place to exercise safely outdoors is around people. Carry an ID and a cell phone or money so you can call for help if you need to. If you can, exercise with a buddy so you can look out for each other.**

If you have heart problems, cardiac rehab may be a safe indoor place to exercise if your insurance covers it. There are nurses and doctors in these settings. Your doctor needs to prescribe cardiac rehab. If you don't need this level of care, you may feel safer exercising at a fitness center or at your dialysis center if you do hemodialysis.

Most people feel safe walking indoors in a shopping mall. Malls are not too hot or cold—so you have no excuse not to exercise—and the smooth surface may reduce your risk of falling. Best of all, there are places to sit and rest when you need to.

Exercising outside works well, as long as it is not isolated, is well lit, and has safe surfaces to walk on. It is always more fun to have an exercise buddy to motivate you plus, you can look out for each other.

Gyms and clubs or community centers are great places to exercise since they have many types of activities and people around to help you and to answer questions. Be sure that any classes that you enroll in are at your level. If you are just starting out, take the lowest level classes. If you can't keep up, talk with the teacher and ask for tips on changing the activity for your level of fitness.

When you start on equipment, have someone show you the right way to use the machines, start with the lowest setting, and progress from there.

What *I* can do to exercise safely:

- Find an outdoor route where I'll feel safe walking or jogging.
- Find a buddy to exercise with.
- Plan how I will get help if I need it when I'm exercising.
- Talk with my family, friends, and care team about safe places to exercise near my home or the dialysis center.
- Ask my dialysis center to provide exercise bikes I can use at treatment.
- Ask my dialysis center about starting an exercise program during dialysis.
- Ask my dialysis center if it can work out a discount with a local fitness center.