

CFitness

For ages 4-6

Taking care of our health should be one of our most important jobs in life whether living with CF or not. Without our health we are unable to do the things we enjoy. Exercise is a very important part of caring for our bodies.

Breathing exercises

- Blow bubbles, a whistle, pinwheel or kazoo
- Take in a BIG breath and blow it out
- Sing...la, la, la, la
- Blow a cotton ball across the table
- Blow up balloons

Chest mobility

- Read a book/do a puzzle/color while lying on stomach
- Roll
- Ball skills-throwing, catching, dribbling, batting
- Hit a balloon back and forth
- Prop up on arms while watching TV or playing a game
- Pretend to swim on land
- Roll on a Stability ball-on your front and then your back

Core Strengthening

- Do sit-ups to grab stickers off knees
- Roll
- Be SUPERMAN-lay on stomach and lift arms and legs off ground
- Push and pull heavy toys
- Play Tug of War
- Climb at playground/rock wall
- Hanging/swinging from monkey bars
- Pretend to walk like an animal (crab, bear, penguin, etc)

Leg strengthening/high impact

- Jump....forward, backward, side-to-side
- Ride bicycle
- Climb stairs (only one foot on each step)
- Do an obstacle course(balance, climp, jump, crawl)
- Jumping Jacks
- Kick balls
- Jump on a trampoline

Endurance

- Play "Tag," "Hide and Seek," or other running games
- Jump on a trampoline
- Run 2 minutes/walk 1 minute (repeat)
- Dance to music
- Ride a bicycle or scooter
- Team sports...swimming, soccer, gymnastics, baseball, etc

Tips

- Be sure to drink plenty of water/Gatorade
- Add 1/8tsp. of salt to Gatorade or eat salty snack
- Avoid caffeinated fluids
- Do not wait until you are thirsty to drink
- Drink 6-12oz of fluids for every 20-30 minutes of exercise
- Eat extra calories to replace those burned
- Stretch muscles before playing sports
- Listen to your body and rest when needed



CF Family Advisory Council

ATLANTA, GEORGIA