

CFitness

For Teens

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

- Sing
- Swim under water holding your breath as long as possible
- Play a wind instrument

Chest mobility

- Push ups
- Work on posture—walk while balancing a book on your head
- Playing basketball
- Hitting, throwing or batting a ball
- Roll on a stability ball --on your front and then our back

Core Strengthening

- Squeeze shoulder blades together
- Twist upper body left and right while keeping hips and legs straight
- Yoga or Pilates class
- Push ups
- Play tug of war

Leg strengthening/high impact

- Dance
- Biking or Spinning class
- Tennis
- Soccer

- Jump rope
- Lacrosse
- Wake Boarding

Endurance

- Walk or run
- Swim
- Aerobics
- Jump on trampoline
- Rollerblade/ rollerskate
- Zumba / Wii Fit
- Get involved with organized sports

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