Exercise in Cystic Fibrosis

Exercise can play a very valuable role in maintaining lung function and quality of life, as well as rehabilitation after exacerbations in CF. Exercise can have benefits beyond the obvious. It can make treatment more enjoyable, it makes you look and feel better, it can get other family members involved (siblings, grandparents, even friends!). Making air way clearance a habit from the time of diagnosis is important and exercise can be a way to complete your air way clearance and have some fun! As a child moves into adolescence and adulthood, our hope is that physical activity is a way of life and they will continue to pursue sport and exercise as valuable tools in their daily care. The goal is to keep lungs healthy and minimize damage caused by built up secretions that can develop into infection.

The benefits of regular exercise are so many, including: Endurance Muscle strength Joint mobility Good body awareness Quality of life Ability to fight infection Feeling of well being Leisure time activity Good posture

Not to mention that f amily and friends can be involved in helping the CF patient maintain good lung health in a fun way, promoting a sense of normalcy and fitting in.

Your CF care team should be involved in deciding appropriate exercise as well as any potential limitations on an individual CF patient.