



## **L.I.F.E. with Cystic Fibrosis**

**Lifetime Involving Fitness and Exercise**

(Ages 1-3 years)

Fitness and exercise are important for the well-being of children living with Cystic Fibrosis. Listed below are suggested exercise activities for children ages 1-3 years.

### **Breathing exercises**

- Sing sounds using high and low pitches and hold a sound for as long as you can
- Use a long straw for drinking or blowing bubbles in a glass
- Pretend to blow out candles
- Blow bubbles
- Take a full breath in and blow it out
- Blow cotton balls or tissue across a table

### **Chest mobility**

- Read books, watch TV, or do puzzles while lying on stomach propped up on forearms
- Play crawling games
- Reach overhead with both hands to grab objects
- Throw or roll a ball back and forth
- Practice throwing or catching while standing
- Pretend to swim on land
- Swing or twirl long ribbons in the air

### **Core Strengthening**

- Roll
- Sit independently
- Walk backwards while pulling a toy
- Push or pull a toy or chair

### **Leg strengthening/high impact**

- Bounce or jump over objects
- March
- Walk up and down stairs or hills
- Step over objects on the floor
- Kick a ball

### **Endurance**

- Encourage walking
- Play running games
- Ride toys with foot power
- Practice motor skills
- Dance to music
- Enroll in swimming, gymnastic, soccer, t-ball, etc.

*For more information contact the  
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