



L.I.F.E. with Cystic Fibrosis

Lifetime Involving Fitness and Exercise

(Ages 0-12 months)

Fitness and exercise are important for the well-being of children living with Cystic Fibrosis. Listed below are suggested exercise activities for children ages 0-12 months.

Chest mobility

- Crawl over various surfaces
- Reach overhead with both arms for toys or to pop bubbles
- Reach to either side with both hands to encourage trunk rotation
- Roll
- Throw balls
- Lay on stomach, prop up on forearms
- Play games like “So Big” to stretch arms up or “Itsy Bitsy Spider”

Core strengthening

- Roll
- Sit independently
- Push or pull toys

