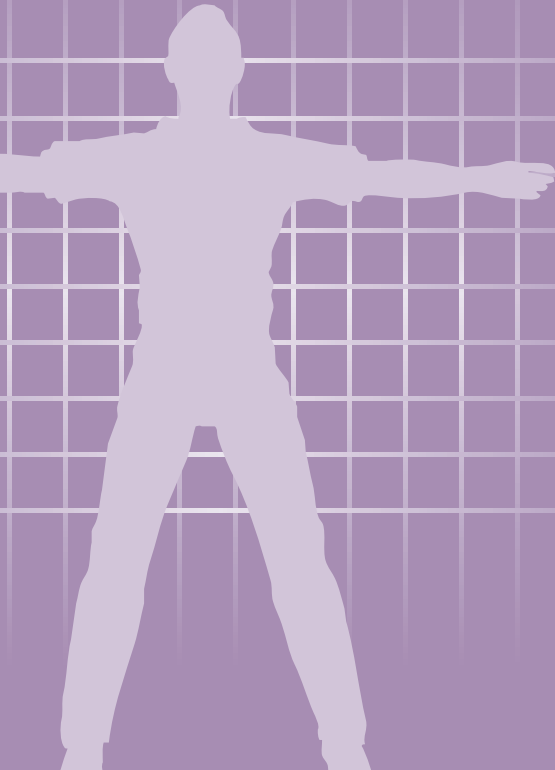


# Exercise Diary



Name: \_\_\_\_\_

Hospital number: \_\_\_\_\_

Contact number for renal unit: \_\_\_\_\_

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## Introduction

Exercise is an important part of managing your condition, and can help you to achieve better health during your treatment. Exercise can increase your energy levels and quality of life. It also increases the efficiency of dialysis.

You should ensure that you have consulted your doctor before attempting any of the exercises outlined in this programme. As with any exercise programme, you should stop immediately if you feel faint, dizzy, unwell or experience chest pain and you should contact your doctor or a nurse.

## Your clothing and trainers

It is important to dress appropriately when exercising. Clothes should be cotton, loose fitting and comfortable. Avoid tight-fitting clothing that makes you feel hot and sweaty as this causes unnecessary fluid loss.

Your shoes and trainers should have a good grip to prevent you slipping, and should be big enough to accommodate any swelling of the feet. If you are diabetic it is important to wear trainers with good padding and arch support.



## Diet and fluid management

Exercise may affect your fluid and nutrient balance. Sweating can remove excess fluid from the body;

however exercise can also increase thirst. You should not increase your fluid allowance for the day without consulting your nurse and your nephrologist as doing so can lead to fluid overload.



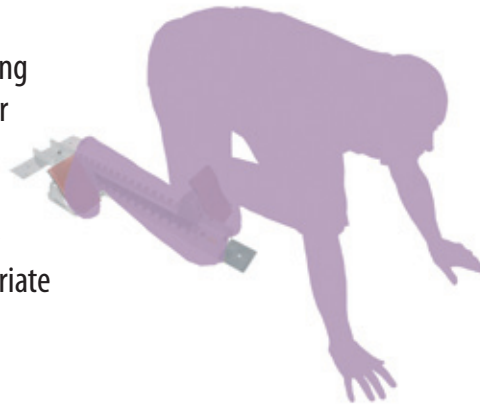
## Starting your exercise programme

All of this information and exercise in the *time* programme is aimed at informing and encouraging you to consider being more physically active. Your nurses and doctors are part of this programme and will provide you with detailed guidance and support. You should speak to them to ensure that your exercise programme is safe and appropriate for you.

## Tips for succeeding

### Commitment

It is important to commit yourself to a healthier lifestyle. You don't have to make big changes to your lifestyle but a few simple changes to your everyday routine can dramatically increase the amount of exercise you do in a day. For example, you can get off tubes and buses one stop earlier and walk the rest of the journey or use stairs instead of lifts.



## Realistic expectations

- It can take a few weeks before you notice the difference in how you feel everyday but it is worth persevering to improve your long-term well-being
- You will find some exercises easier than others to begin with; the difficult exercises will become easier with time
- You might miss some exercise sessions if you are not feeling well but don't use this as a reason to stop exercising. These sessions can always be rescheduled



## Planning an exercise programme

It is important to speak to your doctor or nurse when planning your exercise programme to ensure that it is suitable for you.

### How often should I exercise?

This will depend on your fitness and strength levels before you exercise, and also on any other conditions you may have. The exercises in the *time* programme are all of low intensity and so can be carried out every day if you wish to do so.



## How long should I exercise for?

If you have not exercised previously you should start with small 5 minute sessions and gradually build up to longer sessions of 30 minutes or more over time. Remember to carry out 5 minutes of warm-up and cool-down exercises before and after each exercise session to minimise any risk of muscle damage.

## How can I measure my progress?

A good way to keep track of your progress is to use this exercise diary. Use this to log which activities you have been carrying out, for what period of time and how easy or difficult you have found these to do.



You can also monitor your progress using the Rating of Perceived Exertion (RPE) to note how your fitness improves over time.

## Rate of Perceived Exertion Scale (LORAC, 1995)

6		Rest	
7		Very, Very Light	
8	>	Very Light	Warm-Up & Cool-Down
9	>		
10		Fairly Light	
11			
12	>	Somewhat Hard	Conditioning
13	>		
14	>	Hard	
15	>		
16	>		
17	>	Very Hard	Slow Down!
18	>		
19	>	Very, Very Hard	
20	>		

Level 6 is equivalent to sitting on a chair and not exerting yourself at all. Exercise is usually undertaken at RPE levels of between 12 and 16. The aim of the exercise programme is to work at the same level of RPE throughout the exercise session (not including warm up and cool down). This will mean that as your fitness improves, you will be able to exercise more at the same level of perceived exertion. If you feel that you are exercising at an RPE of less than 12 (not including a warm up or cool down period), then you should consider increasing intensity by perhaps increasing repetitions, weight or distance (depending on the activity involved). If you feel that you are exercising at an RPE of over 16, then you should slow down, or stop especially if you are in an unsupervised environment.

## Things to be aware of

Don't exercise when it is very hot or cold. You should not exercise if you have a fever (over 38°C), have missed a dialysis session, have an untreated illness, have poor diabetic control, have uncontrolled blood pressure or experience chest pain while exercising.

A tip to help you to assess the difficulty of your activity:

- If you can complete a sentence in one breath, the activity is too easy or low-intensity for you
- If you are unable to say the same sentence at all, the activity is too difficult or high-intensity for you
- You should be able to complete the sentence by taking breaths in between words

## Your exercise diary

Fill this in every week so you can monitor your progress. You should begin to see improvements in your fitness levels within the first few weeks of starting the exercise programme.

Date	Activity
01/07/08	WALKING ON FLAT GROUND
03/07/08	AQUA AEROBICS

Time taken	Effort required (See Rating of Perceived Exertion scale on previous pages)	Notes
5 MINS	11	MANAGED TO WALK AROUND THE BLOCK 0.7 MILES ON MY Pedometer
30 MINS	15	FELT REALLY WELL AFTERWARDS



















## Exercises to carry out away from dialysis

The following exercises can be carried out away from your dialysis sessions. It is important to maintain good posture at all times during these exercises, and that you breathe regularly as you complete them. You should sit with your back straight and well supported on your dialysis chair and keep the parts of your body that are not exercising as still as possible.

As with the exercises on dialysis which are provided on several other materials in the *time* programme, you should aim to build up the intensity of these exercises.

1. You should start without any weights and repeat each of the exercises as many times as you can manage
2. You should then progress to completing a set of 10-15 repetitions

3. Once you are comfortable with this you can should aim to progress to 3 sets of 10-15 repetitions
4. Once you are able to do this comfortably you can then progress to adding 0.5kg weights to each leg and follow the above steps again
5. Once you complete steps 1-3 with 0.5kg weights, you can progress to completing them with 1kg weights instead.

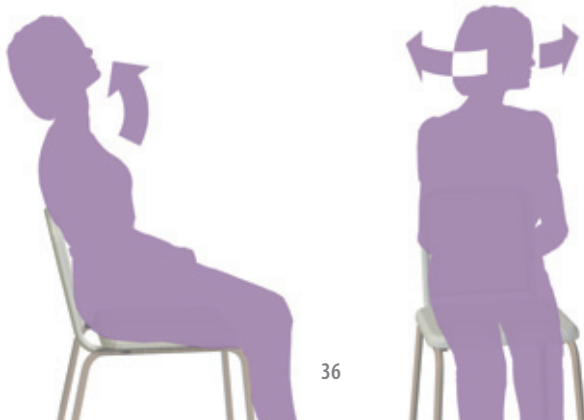
You should take care to breathe properly and to make sure you do not hold your breath during the exercises. Breathe out during the difficult part and breathe in during the easy part of the exercise.

You should begin your exercise programme with 5 minutes of warm-up exercises. These can be a low intensity version of the exercises you are about to carry out, without any weights, or you can look out for the exercises labelled as 'warm-up or cool down exercises'. The exercises labelled 'conditioning exercises' are good exercises for building up stamina, and muscular strength during your exercise routine.

Warm up or cool down exercise

### Exercise 1: Neck stretch

1. Sit on a chair with your back well supported
2. Look straight ahead
3. Slowly look up towards the ceiling, moving your whole head
4. Slowly look down towards the floor, moving your whole head
5. Look straight ahead again
6. Slowly move your head to look over your left shoulder
7. Repeat to your right side
8. Look straight ahead again
9. Tip your head towards your left shoulder, keeping your head facing forwards the whole time
10. Repeat to your right side

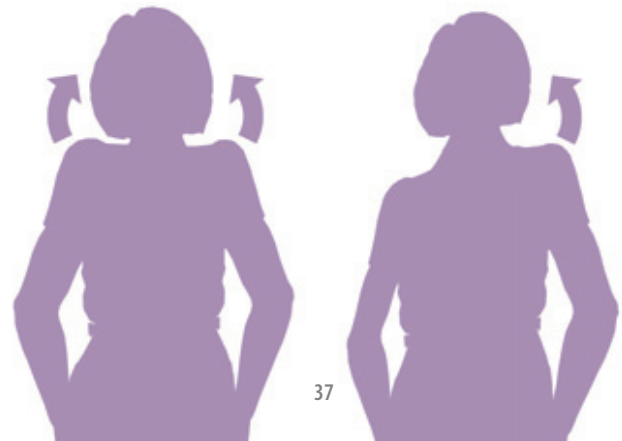


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Warm up or cool down exercise

### Exercise 2: Shoulder shrug and rotation

1. Sit on a chair with your back well supported
2. Shrug your shoulders up to your ears.
3. Hold for a few seconds
4. Lower and repeat
5. Make forward circles with your right shoulder.
6. Repeat with your left shoulder
7. Make backwards circles with your right shoulder
8. Repeat with your left shoulder



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Warm up or cool down exercise

### Exercise 3: Trunk rotation

1. Sit on a chair with your back well supported
2. Cross your arms and raise so that your elbows are pointing out straight in front of you
3. Keeping your nose in line with your watchstrap, twist your body to the left of you
4. Return to a forward facing position
5. Repeat towards your right



Warm up or cool down exercise

### Exercise 4: Ankle flex

1. Sit on a chair with your back well supported
2. Raise one leg straight out in front of you
3. Flex your foot so that your toes are pointing towards the ceiling
4. Slowly point your toes down and then flex up again



## Warm up or cool down exercise

### Exercise 5: Calf stretch

1. Stand up with your back straight using the back of a chair for support
2. Step back with your right leg only
3. Press your right heel into the floor
4. Bend your left leg slightly, so that you can feel the stretch in your right calf
5. Hold the stretch in your leg
6. Repeat with the other leg



## Conditioning exercise

### Exercise 6: Stair step

1. Stand up with your back straight, facing a small step
2. Balance yourself carefully e.g. use a wall
3. Step onto the step with your right foot, and then with your left
4. Slowly step back down off the step with your right foot, and then your left
5. Repeat stepping with your left foot before your right



## Conditioning exercise

### Exercise 7: Arm curl

1. Sit on a chair with your back well supported
2. Keep your elbows close to your sides
3. With your palms facing up, make your hands into fists
4. Slowly lift one fist up to your shoulder
5. Lower slowly
6. Repeat with the other arm



## Conditioning exercise

### Exercise 8: Upright row

1. Sit on a chair with your back well supported
2. Place a single weight on your lap
3. Pick this up with both hands, with palms facing downwards
4. Slowly raise your arms, keeping the weight as close to your body as possible and pointing your elbows outwards
5. Lower slowly



## Conditioning exercise

### Exercise 9: Knee extension

1. Sit towards the front of your chair with your feet on the floor
2. Straighten one leg so that it is out in front of you
3. Keep your toes pointing up towards the ceiling
4. Slowly bend your leg back and place your foot back on the floor
5. Repeat with the other leg



## Conditioning exercise

### Exercise 10: Sit-to-Stand

1. Stand in front of a chair, facing away from it, ensuring that the chair is securely positioned
2. Cross your arms in front of your body
3. Move down into the chair as though you are going to sit down on it, but stop before you do sit
4. Hold your position just above the chair seat
5. Stand back up so that you are upright again



## Conditioning exercise

### Exercise 11: Back leg swing

1. Stand up with your back straight using the back of a chair for support
2. Slowly lift one leg backwards and point your toes outwards
3. Take care not to arch your back
4. Lower your leg back down onto the floor
5. Repeat with the other leg



## Conditioning exercise

### Exercise 12: Heel raise

1. Stand up with your back straight using the back of a chair for support
2. Lift your heels up so that you are standing on the balls of your feet
3. Lower your heels back down slowly



## Exercise 13: Calf stretches

1. Stand up with your back straight using the back of a chair for support
2. Step back with your right leg only
3. Press your right heel into the floor
4. Bend your left leg slightly, so that you can feel the stretch in your right calf
5. Hold the stretch in your leg
6. Repeat with the other leg



You can intersperse the exercises with half star jumps, and with running on the spot for one minute bursts. This helps to break up the exercises a little.

## Half star jumps

1. Stand with your back straight and your hands on your hips
2. Move your right arm sideways and up so that it is over your head
3. At the same time, step sideways with your right leg
4. Return arm and leg to starting position
5. Repeat with your left arm and leg



## Running on the spot

1. Stand with your back straight
2. Run on spot for one minute, at an intensity that you can manage

You should end your exercise programme with 5 minutes of cool-down exercises. These can be a low intensity version of the exercises you have just completed, without any weights, or you can look out for the exercises labelled as 'warm up or cool down exercises'.

If you do not have the time to complete all of these exercises at home, you should do as many of them as you can, taking care to ensure that you are exercising different muscle groups and not focusing on one area only.



## Tips for keeping with the programme

Once you have started your exercise programme you are halfway there. In order to keep exercising you should make sure you are motivated and ready for the challenge. Once you are established in an exercise routine you will notice the rewards to your health each day.

- Measure your progress regularly. Ask your nurse for a copy of the exercise diary and fill this in each time you exercise
- Choose exercises you enjoy. If you prefer walking to weight training, make this a larger part of your routine
- Exercise with friends. Exercise can be a fun social activity rather than a chore
- Take part in team sports. These can vary in intensity from 5-a-side football teams to swimming or even golfing teams. The competitive element can often be a great motivator

## Seeing progress

### 1. Personal Goals

Choose three goals that are personal to you. These could be related to activities of daily living (e.g. climbing the stairs in your house if you are unable to do so) or they could be more formal (e.g. swimming 5 lengths of a swimming pool). You can review your progress with your nurse every 3 months to see how you are doing.

	Personalised goal 1
Baseline	
Month 3	
Month 6	
Month 9	

	Personalised goal 2
Baseline	
Month 3	
Month 6	
Month 9	

	Personalised goal 3
Baseline	
Month 3	
Month 6	
Month 9	

## 2) Standardised progress

These two tests consist of the stand to sit test and the Duke Activity Status Index (DASI).

### Sit-to-stands in 60 seconds (STS-60)

This measures how many times you can stand up and sit down again in 60 seconds. You should sit upright in a chair of standard height (around 45cm) with your arms crossed over your chest, like an Egyptian mummy. You should then stand up and sit down again. Each of these cycles counts as one sit-to-stand. You should count the number of times you can do this in 60 seconds and record on the table opposite.

The DASI is a small questionnaire that your nurse or physiotherapist can help you to fill in.

- This is provided to your nurse as a tear-off pad, and is a simple set of questions requiring a yes or no answer to each.
- The DASI can help you to assess how well you are coping with some activities of daily living.

Your nurse will help you to assess your progress by using both the STS-60 and the DASI with you at 3-monthly intervals. You should fill in your results on the table opposite.

Date	Sit-to-stands in 60 seconds
Baseline	
Month 3	
Month 6	
Month 9	

Date	DASI
Baseline	
Month 3	
Month 6	
Month 9	









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