



## Move More!

Exercise is a great way to protect your kidneys and improve your health.

Exercising for just 30 minutes a day, five days a week can help you:

- Prevent or control diabetes, high blood pressure and kidney disease
- Be stronger
- Keep a healthy weight
- Reduce stress
- Live longer

Even a little extra exercise can help. Use the tips below to add more exercise to your day.



**Important!** Talk to your doctor before starting a new exercise routine.

**Start small.** Making exercise a part of your routine takes time. Start by adding a few minutes of activity to your day, and increase it as you can.

**Take just a few minutes a day.** Remember that there are 24 hours in a day—that's 1,440 minutes. You only need to spend 30 of those minutes exercising to see major health benefits. If 30 minute seems to long, try taking three 10-minute walks throughout the day.

**Try it for a month.** The easiest way to make exercise a habit is to repeat it. Try to exercise for at least a month in order to make it part of your daily routine.

**Do things that you enjoy.** Turn up your favorite CD and dance, play a sport, or go for a walk.

**Exercise with a friend.** Many people find that exercising with friends or family helps keep them motivated. Call a friend to join you for a walk or a game of basketball.



**Exercise at home.** Work with free weights when watching TV (if you don't have free weights, lift cans of soup), and get moving during the commercials. Try marching in place or doing a few crunches.

**Exercise on the go.** Park farther away from store entrances when you go out. Take the stairs instead of the elevator. Walk or bike, instead of driving, to nearby places.

**Track your workouts.** Seeing your progress can help you stay motivated.

**Reward yourself for being active.** Set exercise goals and treat yourself to something fun when you meet them. Use the back of this sheet to get started!

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To learn more about kidney health, call the American Kidney Fund's toll-free HelpLine at 866.300.2900, visit [www.kidneyfund.org](http://www.kidneyfund.org) or email [helpline@kidneyfund.org](mailto:helpline@kidneyfund.org).

# How Will You Move More?

Use this chart to set fitness goals for yourself. Remember to:

- Start small. Increase your activities as you go.
- Include for how long and how often you will do the activity each week.
- Pick a fun and healthy treat for meeting your goals.

Exercise Goal	How Often	Reward
<i>Example: Walk for 30 minutes</i>	<i>3 days a week</i>	<i>New song for MP3 player</i>

# Track Your Progress!

Use this chart to track your exercise. Seeing how much you've done can help you to keep it up. Reward yourself for each goal you meet. If you miss a goal, try again the next week.

	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Reward
<i>Example: Walk 30 minutes Take the stairs</i>	✓	✓	✓ ✓	✓	✓		✓	<i>New song Buy a magazine</i>
Week 1								
Week 2								
Week 3								
Week 4								