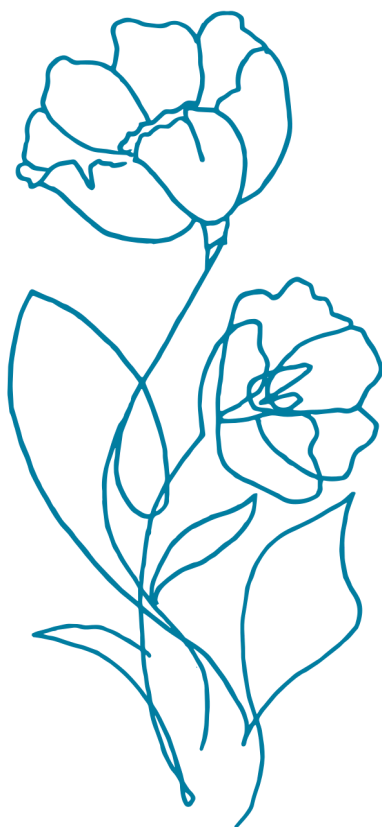


EXERCISE AND CYSTIC FIBROSIS





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EXERCISE AND CYSTIC FIBROSIS

YOU ALREADY KNOW EXERCISE IS IMPORTANT. BUT KNOWING WHAT YOU NEED TO DO AND ACTUALLY DOING IT ARE TWO VERY DIFFERENT THINGS AND IT CAN TAKE A LOT OF MOTIVATION AND SELF-DISCIPLINE TO EXERCISE REGULARLY.



Staying active comes naturally to some people. But for others, exercise feels like a chore. It's important to recognise this and realise that, if you had a choice, you probably wouldn't choose to take medications every day or do your nebulisers, but you do so to stay well. Think about exercise in the same way.

Everyone benefits from regular exercise. When you have CF, exercise becomes even more important to help improve your lung function and give you the energy you need to enjoy life.

EXERCISE ALSO HELPS:

- to strengthen your breathing muscles.
- improve your diaphragmatic breathing and expand your lungs through exercises such as yoga.
- maintain strong bones, especially important for women as they age.
- improve your mental health and wellbeing.
- improve your general health.

BUT HOW?

The one piece of advice nearly every adult with CF has about exercise is: find an activity you enjoy. If you don't enjoy the exercise you're doing, you'll find it hard to stay motivated and you're far more likely to stop.

Exercise also needs to be achievable and fit in with your daily life. If it takes too much time that you don't have, you'll find it hard to keep it up.

FINDING MOTIVATION

"Some exercise can almost replace chest clearance for me and I've always found it way more motivating and better for my mental health to get out and move and feel more in control of my body and mind rather than be stuck at home doing physio, which tends to reinforce my limitations and make me feel like a 'patient'" .

"I know I'm a morning person, so I get up early and exercise before I go to work. I really believe the key is to find something you can do that you enjoy and fit it into your day when you are most productive. Exercising in the morning helps to get me in the right frame of mind too for work as I mentally plan my day while I'm exercising. If you have a dog that enjoys walks, then this is a really easy way to get your exercise in. My dog just loves coming running with me, I often feel more guilty if I don't take her out than I do for not exercising for myself!"

"I've always struggled with exercise but I'm lucky my parents encourage me to join them for a walk. Dad will often offer a range of places to go, and depending on my energy levels, we decide whether to do a hill, flat, long, or short walk. For me, having someone to exercise with, always motivates me a little more. I find having a goal, a daily step count, or training for a specific event, makes it less of a chore and more of a fun challenge.



“

Don't overthink exercise, just actually put on your gear and go and do something. Focus on how good it feels to have exercised once you've finished and even if you feel physically tired, mentally you just about always feel better!

”

“Another way I incorporate exercise into my weeks, is to organise walking to get a coffee or ice cream with a friend in the weekends.”

“Try getting into a sport while at school or university to keep playing as you get older.”

“Think about sports you enjoy watching and then consider if you can play them yourself.”

“For me, playing sport is the best way to exercise. Time flies when you're having fun!”

“I played sports every week from my early teens and it had such an impact on my health. I don't think I'd be here today without it. I got really into weight training and my motivation was that it improved my FEV1 by 5–10% and I gained 10–15kg.”

“One of my biggest pieces of advice to people with CF who are pre-transplant, is to keep up the exercise. Even if that just means going for regular walks or using an exercycle. It's easier to continue with exercise rather than trying to start once you're very unwell. Because I'd been very sick for a long time before my transplant, I hadn't done much exercise and had lost all the muscle in my legs. This meant during my recovery I needed to build that muscle back up as well as learning to use my new lungs and gain fitness.”

“If you have kids, think of how much you want to be able to keep up with them, and just do a wee bit more than you would otherwise.”

SNEAKING EXERCISE INTO YOUR DAY

“Walk whenever you have the time instead of drive.”

“Give yourself goals and rewards, for example, walk to a cafe and then have an iced coffee.”

“Get a dog! They love a good walk and are great company too, or potentially take someone else's dog for a walk sometimes.”

GETTING STARTED

If you're starting a new exercise programme your CF team can make sure your lung function and overall health are okay to support your goals. Your CF physio can also do some exercise tests to understand your baseline exercise capacity and design a personalised exercise plan.

Think about what exercise will work for you and fit into your daily routine. Is there an affordable gym close to your home, work or university? Are there any group classes you want to join?

Talk with your physio and CF team, who can help develop a programme that suits your level of fitness and is based around activities you enjoy. They can help set small, achievable goals to keep you motivated and monitor how you're going, and they may also be able to refer you to a funded exercise programme.

HOW MUCH EXERCISE IS ENOUGH?

Both aerobic and anaerobic exercise has benefits. Running, brisk walking, swimming and cycling are aerobic exercise – they increase your breathing and heart rate and range from low to high intensity over a sustained period of time, for example 30 minutes .

Anaerobic exercise are harder and shorter exercises such as weight training, sprinting and high-intensity interval training (HIIT). Both types of exercises positively affect your lung function. There's no one-size-fits-all CF exercise programme.



The Physiotherapy for Cystic Fibrosis in Australia and New Zealand Clinical Practice Guidelines recommend people with CF aim for the same amount of exercise that's recommended for people without CF:

- exercise at least three days a week (preferably five)
- exercise for at least 30 minutes each session
- increase your heart rate to 75% of your maximum heart rate (your physio can help you work this out).

For the best results, try a mix of aerobic and anaerobic exercises. Remember to stay hydrated when exercising. You may need to have extra salt or minerals during or after exercise depending on how often and what exercise you do. Have a chat with your CF dietitian.

WHEN ILLNESS OR A HOSPITAL ADMISSION UPSETS YOUR ROUTINE

It can take a lot of effort and motivation to get fit, and any interruption to your exercise regime can feel like a big step backwards.

Tips from adults to staying motivated to exercise when you're in hospital

"My best success with exercise in hospital is to simply get outside and go for a walk, even if it's only around the block. Ideally, find some green space and that will help ease the burden of hospital walls. It helps to feel that you haven't lost everything too if you have had to stop running or going to the gym."

"I've had a Port-a-Cath or PICC line for my whole life for antibiotics and I've been able to play badminton, tennis and do very intense gym workouts all while in hospital. Most medications are given every 8, 12 or 24 hours so timing these around your own exercise or sport is easy if you plan with your nurse or doctor. My physio's have always supported me to exercise in the hospital gym when I'm an inpatient."

HAVE YOU TRIED BEAM?

Beam is an online, on-demand fitness platform which offers classes specifically for people with cystic fibrosis. Beam classes are led by specialist and qualified instructors who are either living with or working in CF. The sessions include a mix of exercise disciplines (for e.g. HIIT, yoga, strength and conditioning and Pilates) at all levels of fitness, and address a range of health needs (posture, stress incontinence, breathlessness management, general fitness etc).

Beam also give people with CF the opportunity to come together and learn from and inspire each other without the risk of cross-infection. There are also live classes that can give you extra motivation. You can sign up for a 2-week trial before committing to paying. Beam can be a great way to use your Breath4CF grant each year.

URINARY INCONTINENCE

Urinary incontinence is the involuntary or accidental leakage of urine. Chronic coughing can weaken your pelvic floor muscles, and you may experience urinary incontinence when you're exercising, coughing or doing activities that put pressure on your bladder.

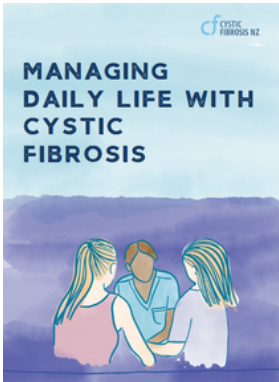
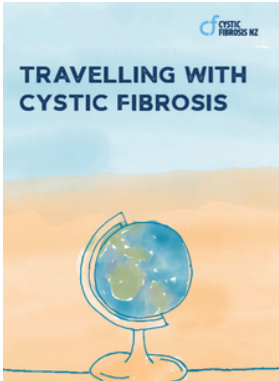
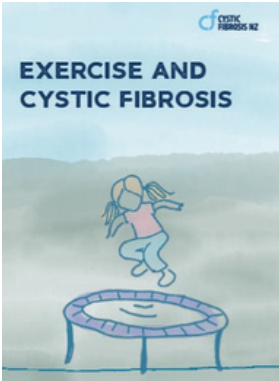
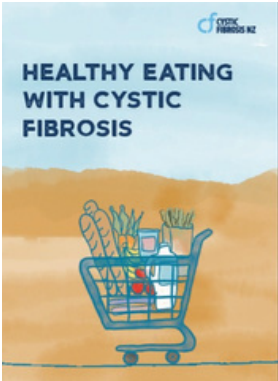


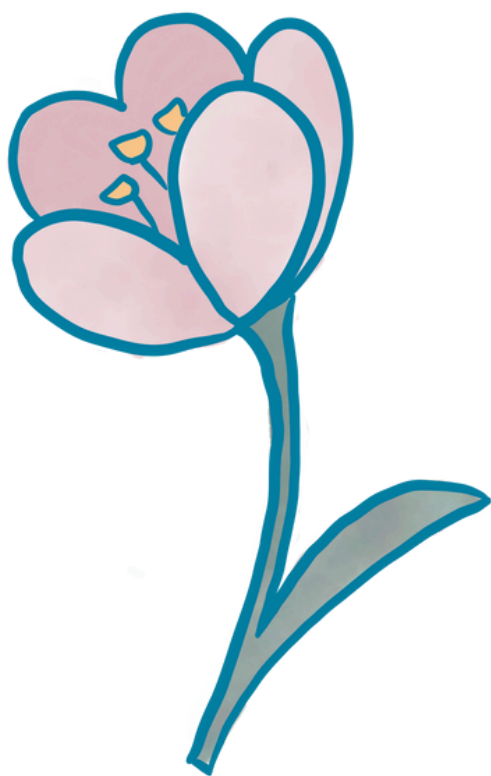
Constipation can also contribute to urinary incontinence because of the pressure put on your pelvic floor muscles.

It's important to speak with your CF team if you do experience urinary incontinence, and your CF physio can help you with pelvic floor exercises to help, and ongoing advice.

DOCUMENTS IN THE ADULT GUIDE SET:

Click on icon to below to view other resources.





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