Exercise Your Future: Staying Fit with CF
Exercises for 13 to 21 years

Why exercise?
Being active and exercising is important to everyone with CF. People with CF who exercise are happier and healthier than those who do not. We recommend a combination of exercises: aerobic or cardiovascular exercises that work your heart and lungs; and core exercises that increase your abdomen strength and chest wall strength and mobility (flexibility).

Tips for success
At this age, it is really most important that you continue being physically active. Make sure you choose activities that:
• you like doing and are fun
• fit into your schedule
• can be done with your friends or family

Aerobic/Cardiovascular Exercises
• Walk, run, use a treadmill
• Bike
• Skate or rollerblade
• Swim
• Rowing
• Dance
• Tennis
• Racquet ball
• Kayaking
• Jump rope
• Play tag
• Do an organized sport (soccer, basketball, baseball)
• Ride a skateboard or scooter
• Join a gym or health club
• Any activity that you enjoy that gets your heart rate up!

The goal: Do a fun activity of your choice three to five times a week for at least 20-30 minutes.

Core strengthening and chest mobility exercises
These exercises help build stronger muscles and bones. The muscles of your chest, abdomen and legs are important for breathing and overall well being. Breathing exercises might also help increase the strength and mobility of the chest wall. Regular exercise helps to improve the lung function. That means you’ll have more reserves to use during a pulmonary exacerbation or lung infection. Some of these exercises include:
• Singing
• Playing a wind instrument
• Blow bubbles or whistles
• Doing sit ups, crunches, and push-ups
• Throw, catch, dribble or bat a ball
• Enroll in Pilates or Yoga classes

The goal: Do two to three sessions of core strengthening/chest mobility exercise each week for 10-15 minutes.

Please see the CF exercise video “Exercise Your Future: Staying Fit with CF” for details about the following exercises.
Push-up variations
For all types of push-ups: Exhale on the way up and inhale on the way down. Repeat several times.

- Start with modified push-up on knees, hands a little farther than shoulder-width apart. Lower down to a few inches above the floor.
- Keep a straight line between knees and shoulders.

- Full version of push-up on toes. Keep a straight line from knees to shoulders.
- Lower down to a few inches above the floor.

- Put hands in a diamond shape right below your chest, keeping elbows close to body.

- Pick up one leg for a harder exercise.

Hip bridge
- Put feet on ball, arms out wide for stability.
- Lift hips up until hips are in a straight line from heels to shoulders. Lower down slowly.
- Repeat several times or hold for a time.
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**Hip bridge, harder variation**
- Put feet flat on the ball. Lift hips to make a straight line from shoulder to knees.
- Repeat several times or hold for a time.

**Windshield wipers**
- Lie on back, extend legs into the air, keeping them together.
- Lower legs to one side, then the other.
- Keep shoulders flat on the ground.
- Repeat several times.

**Mountain climbers (same side)**
- In push-up position, bring one knee up to same-side elbow.
- Alternate with other side.
- Keep a straight line from heels to shoulders.
- Repeat several times.

**Mountain climbers (opposite side)**
- In push-up position, bring knee up to opposite elbow.
- Alternate with other side.
- Keep a straight line from heels to shoulders.
- Repeat several times.
Exercise Your Future: Staying Fit with CF - Adolescent

**Foam roller - helps with flexibility for the upper body**
- Lie on back on foam roller. Put arms out to side, slightly bent. Let hang for 20-30 seconds.
- Do a slow “snow angel” with arms, palms up. Go from arms at sides to over head.

**Plank**
- Push-up position except on elbows rather than hands.
- Keep a straight line from heels to shoulders.
- Hold for a time - start at 10 seconds and build up to 1 to 2 minutes.

**Bear walk**
- Use hexagonal shaped dumbbells in push-up position.
- Walk with arms, dragging legs behind.
- Walk with arms forward, back and side to side.
- Keep straight line from shoulder to heels.
Reverse lunge

- Put hands behind head, pulling elbows back.
- Take a step backward, bringing knee down to almost touch the ground.
- Alternate sides.
- Repeat several times.

To Learn More
- Cystic Fibrosis 206-987-2024
- www.seattlechildrens.org

Free Interpreter Services
- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.