

How you want to be treated.

Effects of a Renal Nordic Walking Program O Quality of Life and Fitness in Renal Outnation (Mental One Mental St. Paul's Hospital: A Randomiz 20

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Why did we do the study?

Many persons with kidney disease do not meet physical activity guidelines. Hospital-affiliated group exercise programs for outpatients can potentially reduce fears and increase exercise self-efficacy. This study investigated the effects of a 3month supervised Renal Nordic walking (NW) program on fitness and quality of life.



favour of NW group. The difference is not enough to reach statistical 'significan Methods and data hand groups doing better because after removal of one patient whore figures c fer the Thirty participants, aged 45-84 were mandomized slipply Wm (attal 5) toms no pull Wme (n=15) groups. The NW group was offered 2 supervised WWansessions per Week, od median test, p=0.0282 Conclus the non-NW group continued their own activities. No blinding of intervention or outcome assessment was possible. Outcome measurements at baseline and 3-A 41.5m imp month included weight, handgrip strength (HOS)ge 30^{il}secesitate standetesthe him and No Him cathapting walk-test (6MWT), and Kidney Disease landed Quality post-hodifenal question naive requestion and the property of the second seco (KDQOL-36). Daily steps were recorded unsing Fitbite flow? torackerothekingththear Bble?). Encouragines (NDQOL-30). Daily steps were recorded unsing of planter logge of planter participation in the study. Using the intention-to-treat private definition of the definition of the study of the state of the



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• Average daily steps and outcomes in both NW and Non-NW proups

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