

Goal setting... start slowly and build up your routine

Prescription:

Exercise is medicine

Aerobic activity

At least **150 min/week** of moderate-intensity exercise (e.g., brisk walking, cycling) **OR** at least **75 min/week** of vigorous-intensity exercise (e.g., running)

Muscle-strengthening activity

At least **2 days/week**, e.g., exercises using light weights or resistance bands. [Strengthening Exercise to do at Home](#) shows examples of exercises using resistance bands.

Bob AND Brad

Aches and pain:

Videos that teach you how to manage aches + live a healthier life.

→ Bobandbrad.com



Staying active:

Tips for staying active.

→ Kidneywellnesshub.ca/staying-active



Strength training:

Resources for strength training.

→ Leicesterkidneylifestyle.team/strength-training-resources



Light exercise at home:

Kidney Fit video series.

→ Kidneyhealth.ca/living-with-kidney-disease/fitness-wellness/kidneyfit-videos



Exercise network:

Research & innovation in the area of physical activity exercise participation in people with kidney disease.

→ Grexcercise.arizona.edu