

CFitness

For ages 0-12
months

Taking care of our health should be one of our most important jobs in life whether living with CF or not. Without our health we are unable to do the things we enjoy. Exercise is a very important part of caring for our bodies.

Chest mobility

- Crawl over various surfaces
- Reach overhead with both arms for toys or to pop bubbles
- Reach to either side with both hands to encourage trunk rotation
- Roll
- Throw balls
- Lay on stomach, prop up on forearms
- Play games like “So Big” to stretch arms up or “Itsy Bitsy Spider”

Core Strengthening

- Roll
- Sit independently
- Push or pull toys
- Turtle time – put basket on their back and try to crawl around

Leg strengthening/high impact

- Crawl over various surface, such as couch cushions , bean bag chair or tunnel
- Climb up and down on the couch, on a bed, or on playground equipment
- Squat while holding onto the couch or independently to get toys
- Play standing on floor or standing on your lap to encourage weight through legs
- Walk up and down stairs with hand held
- Bouncing to the beat of music or drums
- Kick ball

Endurance

- Crawl up and down the stairs
- Ride toys
- Walk holding on to child’s hand
- Place toys on the couch or coffee table to encourage standing and cruising
- Water play or enroll in baby swim classes
- March to the music

Tips

- Be sure to drink plenty of water/Gatorade
- Add 1/8tsp. of salt to Gatorade or eat salty snack
- Avoid caffeinated fluids
- Do not wait until you are thirsty to drink
- Drink 6-12oz of fluids for every 20-30 minutes of exercise
- Eat extra calories to replace those burned
- Stretch muscles before playing sports
- Listen to your body and rest when needed



CF Family Advisory Council

ATLANTA, GEORGIA