

# CFitness

For ages 1-3

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.

## Breathing exercises

- Sing sounds using high and low pitches and hold a sound for as long as you can
- Use a long straw for drinking
- Pretend to blow out candles
- Blow bubbles
- Take a full breath in and blow it out
- Blow cotton balls or tissue across a table

## Chest mobility

- Read books, watch TV, or do puzzles while lying on stomach
- Play crawling games (pretend animal play or crawl under things)
- Reach overhead with both hands to grab objects
- Throw or roll a ball back and forth
- Practice throwing or catching while standing
- Prop on forearms to watch TV or play a game
- Pretend to swim on land
- Swing or twirl long ribbons in the air

## Core Strengthening

- Roll
- Sit independently
- Walk backward while pulling a toy
- Push or pull a toy or chair

## Leg strengthening/high impact

- Bounce or jump over objects or down from objects
- March
- Walk up and down stairs or hills
- Step over objects on the floor
- Kick a ball

## Endurance

- Encourage walking
- Play running games
- Ride toys (a play car that is propelled with feet or a tricycle)
- Practice motor skills (at a gym or playground)
- Dance to music
- Enroll in Community Education or other programs (swimming, gymnastic, soccer, t-ball, etc.)

## 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