

# Physical Activity

Doctors used to think people with chronic kidney disease (CKD) couldn't exercise. But now, doctors know that patients who are active find it easier to do daily activities.

When you and your doctor feel you're ready, consider walking, swimming, dancing, or doing some physical activity you enjoy on a regular basis. Start slowly and add a few minutes each time, as your doctor recommends.

Remember, being active may help:

- Give you more energy
- Make your joints more flexible
- Prevent and treat high blood pressure

Talk to your doctor before you begin any fitness program.

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