

Get 30 minutes of exercise daily

30 minutes of moderate physical exercise is recommended on most days of the week. If you need to lose weight, you may need to do some longer sessions (45 to 60 mins) of higher intensity exercises. As kidney disease progresses, maintaining or improving your fitness may be difficult but it is still very important. Do as much as is comfortable and think of it as part of your treatment. Regular exercise also helps you achieve a healthier state of mind, reduce blood pressure and lower cholesterol.



- Go for a brisk 30 minute walk, or a 15 minute jog
- Play a team sport, such as football
- Ride a bike to work
- Take the stairs
- Play with your children or grandchildren
- Do some gardening or mow the lawn
- Take a yoga class – or try dialysis yoga!
- Ask your renal health care team about exercises designed especially for dialysis patients to do during treatments
- Invite a friend to exercise with you or join an exercise group - not only will you lose track of time as you exercise, you'll also help to motivate and encourage each other
- If you don't have the energy to exercise for a full 30 minutes, break it down to three 10 minute sessions
- Don't exercise if you feel unwell

Connect with Kidney Health Australia to learn more



Log on to our website:
www.kidney.org.au



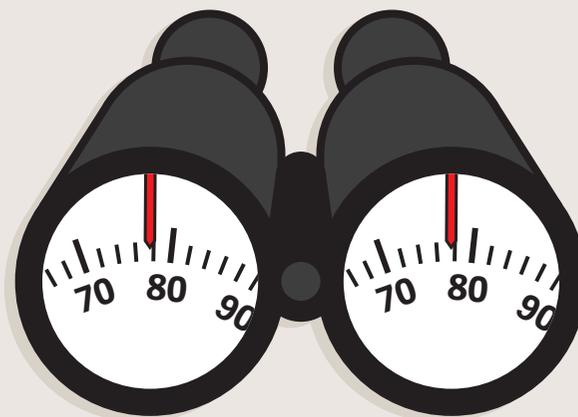
Free call the Kidney Health Information Service: **1800 454 363**



Watch your weight



Take control of your kidney health



-  **Consult a renal dietitian and follow a healthy eating plan**
-  **Reduce sugar and salt intake**
-  **Quit smoking**
-  **Drink water and stay hydrated**
-  **Get 30 mins of exercise daily**

Prevent, Detect, Support.

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Diet and exercise are key to keeping you and your kidneys healthy.

Visit kidney.org.au for more information about how to watch your weight and take control of your kidney health, including kidney-friendly recipes and tips on staying active.

Consult your health care team before starting any new diet or exercise regime.

Give yourself the best chance by following these simple tips:



Consult a renal dietitian and follow a healthy eating plan

An essential member of your health care team, a renal dietitian can help you choose foods that will keep you healthy without overloading your kidneys.

- Learn how to cook some healthy, kidney-friendly recipes
- Eat lots of fruit, vegetables, legumes, and wholegrain bread and rice
- Eat some lean meat, such as chicken and fish, at least once a week
- Add flavour to meals with lemon or lime juice, onion, garlic, chilli, pepper, herbs and spices instead of salt or sugar

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Reduce sugar and salt intake

The maximum amount of salt an adult should consume each day is 6 grams or 1.25 teaspoons. You should aim for a maximum sugar intake of 25 grams or 6 teaspoons per day.

Snack foods have high levels of saturated fat, sugar or salt. Healthy alternatives include fresh fruit, low-fat yoghurt (check for added sugar) and unsalted nuts. Over time, your taste buds will adapt and you'll start to prefer the taste of less salty and sweet foods!

- Swap processed foods for fresh foods, and limit take-away and fast food meals as an occasional treat
- Check the ingredients list – look for sugar and salt on food labels and compare similar products
- Keep an eye out for hidden sugars such as corn syrup, agave, and rice malt syrup
- Drink water instead of soft drinks and sweet juices

Quit smoking

If you don't smoke, don't start. If you do, quit! This is the simplest, most important lifestyle habit to change if you want to look after your kidneys. People who smoke are three times more likely to have reduced kidney function, and have a four to five times greater risk of heart attack and stroke.



Make water your first choice of drink

Remember to make water your first choice for a drink. The amount of water you need to drink each day will change. You will need to drink more if it is a hot day, or if you are exercising. If you are a dialysis patient, consult with your renal dietitian about how much fluid you should be consuming.