



Exercise

As a teen or young adult with cystic fibrosis, it is likely you have already found some great ways to incorporate exercise into your day-to-day life. If not, transition can be an ideal time to start considering how this might look for you by exploring different options and trying new things, to ensure you can stay active into adulthood. Regardless of where you decide to live, during or after transition, there are usually a variety of exercise options available with some providing the additional opportunity to socialise, make new friends or even make a living out of it!

Ultimately, finding the type of movement that you enjoy most and that works with your lifestyle will be the most effective approach to help you maintain regular physical activity. Below is a list of ways other young adults with cystic fibrosis choose to stay active and help them maintain good physical and mental health:

- Recreational or competitive sports (local community clubs, university games)
- Individual gym-based workouts or classes (treadmill, bike, weights, cardio, yoga)
- Group training sessions (bootcamps, obstacle courses, weekly athletics)
- Dancing or theatre performances (individually or as part of a group)
- Outdoor adventure sports (hiking, mountain biking, trail-bike riding)
- Water-based adventure sports (surfing, skiing, wakeboarding)
- Exercise with animals (horse-riding, dog walking, or exercise with your own pet)

To do:

- Think about my daily routine and look for opportunities to fit exercise in.
- Write a list of sports or activities I would like to try on my own or with friends.
- Explore different ways to stay active that I can easily incorporate into my life.
- Set up notifications via my phone or digital health app to remind me to stay active.
- Consider investing in an activity tracker (smartwatch) to help monitor and motivate me.
- Speak with my physiotherapist to discuss my individual exercise needs.
- Speak with my doctor to discuss any contraindications to exercise I may have.

Knowledge check!

I know and understand...

Regular exercise can assist with:

- Maintaining muscle mass and a healthy weight.
- Sputum clearance and maintaining lung function.
- Balancing moods and contributing to good mental health.
- Providing opportunities to meet new people and socialise.
- Improved sleep and concentration throughout the day.
- Prioritising exercise in my life is achievable and rewarding.
- Where to go for help if I need further assistance or more information.