

Resolve to Get Physically and Mentally Fit!

As every new year rolls in, friends and family talk about the things they plan to do differently in the new year. Then, by the end of January, the resolutions are usually ruined or forgotten. Dialysis patients are among all of us who talk about doing better and sometimes make changes, and sometimes changes go by the wayside.

Physical fitness is often overlooked by dialysis patients because of the fatigue that sometimes accompanies treatment. Also most dialysis patients are taking medications to control blood pressure and blood sugar and even to control depressed or anxious mood.

Did you know that physical activity can help in controlling all of these things?

It is recommended that all adults get at least 30 minutes or more of moderate-intensity physical activity daily. Before starting any exercise routine, consult with your primary healthcare provider and communicate exactly what type of routine you plan to start. Or better yet, ask your doctor what kind of exercise would be safe for you.

It is widely known that specific types of exercise lowers blood pressure and blood sugar. Exercise also helps with mental well-being by increasing the release of endorphins into our brains to elevate our moods and decrease stress.

Here are some tips to consider for improving physical and mental fitness:

- Make up your mind to do at least one thing differently this year to improve your life
- Ask your doctor about safe exercises you can do, then do them at least 3 times a week or as approved by your doctor
- Relieve stress by trying popular meditation activities, like Yoga, or quiet sitting, or prayer
- Talk to your Social Worker or join a support group to talk out problems in a safe environment