

# Global Policy Barriers, Enablers and Strategies for Renal Exercise

## Our Goal:

Identified global policy-related enablers, barriers and strategies to increase exercise participation and physical activity behaviours for people living with kidney disease

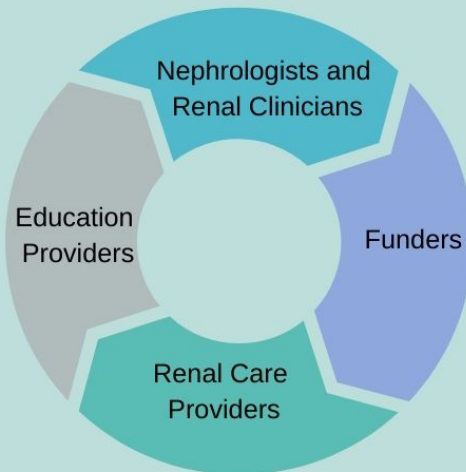
## Methods

- 50 leading clinicians, researchers, and people living with kidney disease participated
- Themes from across geographical areas were identified
- Strategies to address enablers and barriers were identified through consensus

## Barriers + Enablers



## Stakeholders



## Recommendations for Stakeholders

- Fund renal exercise professionals
- Develop individualized exercise programs
- Support policies that endure liability coverage for health professionals
- Improve evidence through clinical trials
- Design fitness areas suitable for renal patients
- Make policy changes now, to try, protect and maintain physical function