

Physical activity and exercise for Non-dialysis CKD

Talk to your doctor if you wish to increase your activity levels

What?



Daily physical activity

People living with non-dialysis CKD should participate in daily physical activity. Some physical activity is better than none



Improving or maintaining muscle strength

People living with non-dialysis CKD should undertake activities aimed at improving or maintaining muscle strength, balance and flexibility on at least 2 days a week



Type of exercise

A combination of aerobic (activity that gets you out of breath) and muscle strengthening should be used to improve muscle function



Break up sedentary periods

People living with non-dialysis CKD should break up prolonged periods of being sedentary (e.g., sitting) with light activity when physically possible, or at least with standing



150 min moderate-intensity

People living with non-dialysis CKD should aim for 150 minutes of moderate-intensity (increased breathing, able to talk) aerobic activity per week, building up gradually from current levels



75 min vigorous-intensity

Those who are already regularly active can achieve these benefits through 75 min of vigorous-intensity (breathing fast, difficultly talking) activity per week, or a combination of moderate and vigorous activity

Benefits

Research shows that increasing physical activity or exercise levels in people living with non-dialysis CKD will contribute to the following:



Improvements in blood pressure



Improvements in mental well-being e.g. depression and anxiety



Improvements in physical function and capacity



Improvements in health-related quality of life

Other lifestyle considerations



Smoking

It is recommended that individuals diagnosed with CKD stop smoking



Alcohol

It is recommended alcohol consumption should be within national guidelines



Drugs

It is recommended that individuals avoid all recreational drug use

Recommendations taken from the UK Kidney Association Clinical Practice Guidelines for Exercise and Lifestyle in CKD (Baker, March, Wilkinson et al., 2022)