

## Fitness & Exercise

In this day and age, it is easy to become complacent with advancements in technology. We are continuously surrounded by smart phones, laptops, iPods, and gaming systems. All provide us different means of stimuli: surfing the web, communicating with friends, listening to music, and playing video games. For many of us, this becomes “the norm.” To be apart from these outlets means to be disconnected from the world around us. With that said, *where does that leave time for fitness and exercise?*

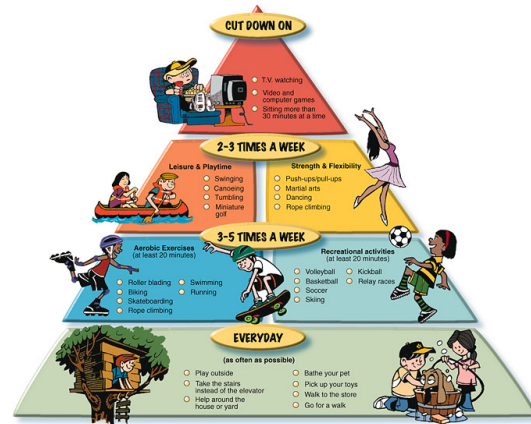
All of us (especially those affected by a bleeding disorder) benefit greatly from exercise. The more you exercise, the stronger joints and muscles become. The tendons, ligaments and muscles that surround each joint will gradually become more resilient to strains, sprains, impact and trauma. They will be able to withstand more physical activity, increased weight bearing, higher impact activities, and greater range of motion. Having stronger joints means less chance of developing “target joints,” and hope for better quality of life.

Not only does exercise benefit joints, it enhances muscles as well. Muscles will become more resistant to trauma, which in return may help to lessen bleeding episodes.



**Physical activity is the key to maintaining a healthy lifestyle.** Benefits may include: maintaining a healthy weight, increased flexibility, higher levels of endurance and strength, lower stress levels, increased self-confidence, and higher performance levels.

**Contact your BioRx representative for further information or assistance, or call us at 1-866-442-4679!**



According to the “Children’s Activity Pyramid” by Barbara Willenberg, Outreach and Extension, University of Missouri, 1999, **one should limit “screen time” to less than two hours a day** (excluding homework). This includes *computers, TV and video games*.

Activities that should be done **2-3 times a week** include: *canoeing, Frisbee, hiking, miniature golf, Pilates, push-ups/pull-ups, lunges, weight lifting and yoga*.

Activities that should be done **3-5 times a week** include; *cycling, dancing, running, swimming, treadmill, baseball, basketball, kickball, relay races, soccer and tennis*.

Finally, activities that should be done **daily** include: *walking, helping around the house and yard, playing outside, raking leaves, taking the stairs, walking the pet and walking to do errands*.

Along with exercise, one also should include a balanced nutritional diet. According to the USDA’s “My Pyramid and Tips for Eating Right,” (March 2010), your daily diet should include:

- **Grains:** 6-11 softball size servings
- **Fruits and vegetables:** 5-9 fist-sized servings
- **Dairy:** 3 baseball sized servings
- **Meat:** 2-3 deck of cards sized servings
- **Fats:** 5-6 teaspoon sized servings

By increasing your activity level and maintaining a healthy lifestyle, you should begin to see the beneficial impact on your body....regardless of a bleeding disorder.

**Before beginning any physical activity regimen, consult your HTC or healthcare provider for proper guidance.**