

## Exercise for People with Bleeding Disorders

Keeping active and fit is an important part of maintaining healthy muscles and joints.

### Exercise helps build:

- Healthy bones, muscles and joints
- Lean body mass

### Exercise increases:

- “Good” Cholesterol (HDL)
- Energy level

### Exercise decreases:

- Weight
- Feelings of depression and anxiety

### Exercise helps to decrease the risk of:

- Spontaneous joint bleeds
- High blood pressure
- Heart disease
- Diabetes

***Remember to always consult with your Hemophilia Treatment Center (HTC) before starting a new sport or exercise routine.***

***For more information on Sports, Activities and Exercise visit [www.hemophilia.org](http://www.hemophilia.org)***

### Types of Low Risk Activities

- Bicycling
- Hiking
- Golf
- Frisbee
- Swimming

### Types of Moderate Risk Activities

- Baseball
- Basketball
- Bowling
- Karate
- Rowing
- Soccer

### Types of High Risk Activities

- Competitive Diving
- Football
- Hockey
- Racquetball
- Rugby
- Wrestling