

Integrating Exercise into Life with Kidney Disease

Session Time	March 22 nd , 2023 from 3:45 PM ET – 4:45 PM ET
Session Description	Many studies have demonstrated that engaging in regular physical activity improves health outcomes for kidney disease patients, however due to added constraints from dialysis and transplant, it can be challenging to maintain an active lifestyle. Panelists will provide an overview of the benefits of exercise with kidney disease, share common barriers to exercising for people with kidney disease, and suggest lifestyle adjustments to increase activity.
Key Learning Objectives	<ol style="list-style-type: none"> 1. Provide an overview of benefits derived from physical activity for kidney disease patients 2. Discuss the common barriers to an active lifestyle as someone on dialysis or post-transplant 3. Share tips to integrate exercise into their daily routines and empower patients to discuss with their healthcare providers

Moderator: Michael Spigler, MCHES, Vice President of Patient Support and Education, American Kidney Fund

Speakers:

- Anoop Sheshadri, MD, MAS, Assistant Professor of Nephrology
- David White, American Kidney Fund Ambassador

Takeaway Resources:

- ✓ [AKF – Healthy Eating & Activity](#)
- ✓ [AKF – Know Your Kidneys](#)