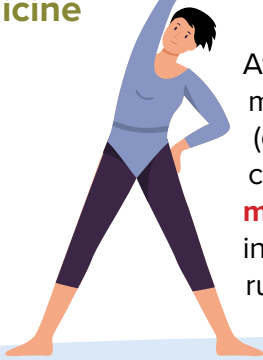


## Goal setting... start slowly and build up your routine

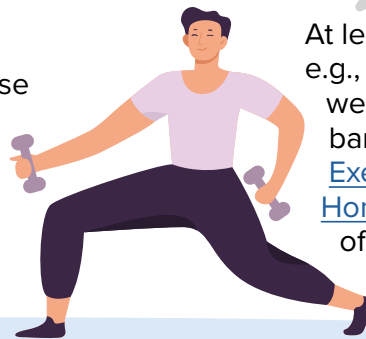
**Prescription:**  
**Exercise is medicine**



### Aerobic activity

At least **150 min/week** of moderate-intensity exercise (e.g., brisk walking, cycling) **OR** at least **75 min/week** of vigorous-intensity exercise (e.g., running)

### Muscle-strengthening activity



At least **2 days/week**, e.g., exercises using light weights or resistance bands. [Strengthening Exercise to do at Home](#) shows examples of exercises using resistance bands.



#### Recorded & live exercise:



Monthly membership to recorded + live exercise classes



#### Aches and pain:



Videos that teach you how to manage aches + live a healthier life.



#### Staying active:



Tips for staying active.



#### Strength training:



Resources for strength training.



#### Exercise network:



Research & innovation in the area of physical activity exercise participation in people with kidney disease.



#### Light exercise at home:



Kidney Fit video series.