

## Staying active for ALS

When you have amyotrophic lateral sclerosis (ALS), the goals of exercise may be different. Staying active is still a must for good health. It can boost your mood, give you more energy, and help you sleep better at night. Be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with ALS know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Stretching is a great way to keep your limbs mobile. Try range of motion exercises to help keep your muscles and joints limber. When muscles are weak, it can be hard to move a limb to stretch muscles and joints. You may need to ask a caregiver to help.
- An exercise program may result in small gains in strength. Once a program is started, it is important to stick to it.
- Train your breathing to keep your lungs strong. You can practice by taking in very deep breaths.
- Make sure you are safe and supported during exercise. Do not put yourself at risk for a fall. Do what you can while seated or from the floor.
- A physical therapist can suggest helpful exercises. They can also tell if special equipment, like a splint or brace, might help mobility.

Cramps and spasms are also common with ALS. Sometimes these words are used for the same problem. With ALS, the nerves that control movement don't work correctly. Cramps and spasms can be painful, but there are things you can do to help control them. Try these tips:

- Drink plenty of water—before, during, and after activity.
- Take time to stretch. Focus on the muscles that often cramp.
- If you have poor circulation, keep the affected area warm.
- Massage your muscles before and after activity.
- Try both heat and cold on the affected area (no more than 20 minutes at a time).
- Do what activity you can, at the pace you can.
- Rest when you need to.

Still have questions about exercise and staying active? Give your program nurse a call!

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## Exercise for CIDP

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

With chronic inflammatory demyelinating polyneuropathy (CIDP), how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with CIDP know when planning to exercise? There is a lot you can do, but keep these things in mind:

- With CIDP, you may have difficulty walking, climbing stairs.
- You may have trouble with balance and using your hands to grasp objects.
- You're at increased risk of osteoporosis if you take steroids for CIDP. Weight-bearing exercises, like walking, can help improve bone strength.
- Exercise can help you reduce joint strain and promote movement, reduce pain, and help keep your immune system strong.
- It is important to choose a program planned for you that will not go past your limits. Your doctor may suggest physical therapy to help you get started with a plan.

Different types of exercises you can do include:

- Strength-training—make muscles stronger helps to strengthen bones. Examples: lifting weights or using resistance bands.
- Aerobic (or “cardio”)—raise the heart rate. Examples: fast walking, running, dancing, or swimming.
- Flexibility—stretch muscles and promote range of motion. Some can also improve balance and help prevent falls. Examples: yoga, tai chi, Pilates.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

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### Exercise for cystic fibrosis

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease. Exercise can help you feel better with your cystic fibrosis (CF). It can also help clear mucus from your lungs and improve your lung function and help your bones.

When you have CF, the best way to exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercises are best for you.

So, what should those with CF know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Stay hydrated. Drink water before, during, and after exercise.
- Try weight-bearing exercises. You can use free weights or bands. Body weight exercises like pushups are also helpful. They can help you keep your bones healthy.
- Talk to your doctor about working with a physical therapist (health care provider to help you stretch and move). They can help you make an exercise program to fit your life.
- If you are sick, ask your doctor whether you should continue to exercise.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

You can find resources on the Cystic Fibrosis Foundation website to help you create an exercise plan that works for you: [www.cff.org](http://www.cff.org).

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## Exercise for Gaucher disease

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have Gaucher disease, how you exercise will depend on many factors. Your age, experience, ability, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with Gaucher know when planning to exercise? There is a lot you can do, but keep these things in mind:

- If your spleen is bigger than normal, or your platelet count is low, avoid contact sports. This will lower your chances for a bleed.
- Weight-bearing exercise is great for bone health. There are many types. Try using free weights or bands, or do body weight exercises like stretching. Talk to your doctor or physical therapist about what kind of exercise routine is right for you.
- Gaucher can cause serious bone health issues. If you have had a knee or hip replacement, skip high-impact sports. This includes jogging or downhill skiing, for example.
- Swimming is especially good. It strengthens your muscles without straining your joints. It is also good exercise for your heart.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- If able, take the stairs instead of the elevator and go for daily walks. If you want, ask a friend to join you!
- Don't sit still for too long—move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

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### Exercise for hemophilia

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have hemophilia, how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with hemophilia know when planning to exercise? There is a lot you can do, but keep these things in mind:

- With your doctor, make an activity plan. Include any impacts on your factor dose. You can also speak with a trained physical therapist connected to a hemophilia treatment center (HTC).
- Stick to your doctor's hemophilia drug treatment.
- Check your personal history—do you have any muscle or joint issues from a past bleed?
- Choose your activities with care. Sports where you could fall or run into others are high-risk.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

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## Exercise for lupus

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes, high blood pressure, and heart disease.

When you have lupus, how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with lupus know when planning to exercise? There is a lot you can do, but keep these things in mind:

- With lupus, exercise can be a challenge sometimes because of a flare (times when your lupus becomes very active).
- You may have problems with strength and endurance, joint pain, and fatigue.
- Letting your body rest until the flare is controlled may be best. But sometimes getting even a small amount of movement can help.
- Exercise can help you reduce joint strain, lower chances of flares, reduce pain, and strengthen bones. It can help keep your immune system strong to prevent infections.
- Exercise can help you keep your weight in check. Extra weight can raise your risk of health problems like diabetes, high blood pressure, or cancer.

Types of exercise you can do include:

- Strength training—makes muscles and bones stronger. Two types of strength training are:
  - Weight-bearing—you support your weight against gravity. Examples: stair climbing and walking.
  - Resistance—you use a force against yourself. Example: lifting weights.
- Aerobic (“cardio”)—raise your heart rate. Examples: bicycling, dancing, and swimming.
- Flexibility—stretch muscles and promote range of motion. Examples: yoga, Pilates.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don’t sit for too long—stand up and move around every half hour.

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## Exercise for multiple sclerosis

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for health issues like diabetes, thin bones, and heart disease.

When you have multiple sclerosis (MS), how you exercise will depend on many factors. Your age, abilities, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with MS know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Exercise can help you build muscle strength. This can make it easier to do simple daily tasks. It can help you to feel less tired and lower your risk for a fall.
- Plan to exercise most when you feel best and rest when your MS is most active.
- Getting too hot can make MS symptoms worse. Here are things that can help:
  - Try swimming in a non-heated pool (water temperature around 82° F to 86° F).
  - Work out in an air-conditioned space.
  - Wear a cooling vest.
  - Exercise in the morning when body and outdoor temperatures are lower.
- Stretch before and after exercise.
- Your doctor might advise physical therapy to get you started with a fitness plan.

Types of exercise may include:

- Strength training—makes muscles and bones stronger. Two types of strength training are:
  - Weight-bearing—you support your weight against gravity. Examples: walking, household chores.
  - Resistance—you use a force against yourself. Examples: lifting weights, using stretch bands.
- Aerobic (“cardio”)—raise your heart rate. Examples: fast walking, dancing, swimming.
- Flexibility—stretch muscles and promote range of motion. Examples: yoga, Pilates.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Go for daily walks (ask a friend to join you!).
- Don’t sit for too long—stand up and move around every half hour.

The National MS Society ([www.nationalmssociety.org](http://www.nationalmssociety.org)) offers exercise tips and videos. Still have questions about exercise and staying active? Give your program nurse a call!

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## Exercise for myasthenia gravis

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have myasthenia gravis (MG), how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with MG know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Your MG should be stable before starting any exercise program.
- Exercise can have these benefits for people with MG:
  - Can help you have better balance and lower your risk of having a fall.
  - Helps strengthen breathing muscles.
  - Can help you recover after a thymectomy. Talk to your doctor about exercise if you plan to have this type of surgery to treat your MG.

Types of exercise may include:

- Strength training—makes muscles and bones stronger. Two types of strength training are:
  - Weight-bearing—you support your weight against gravity. Examples: stair climbing, tai chi, walking.

- Resistance—you use a force against yourself. Examples: lifting weights, stretch bands.
- Aerobic (“cardio”)—raises your heart rate. Examples: jogging, fast walking, dancing, swimming.
- Flexibility—stretches muscles and promotes range of motion. Examples: yoga, Pilates.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

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## Exercise for myositis

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have myositis, how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with myositis know when planning to exercise? There is a lot you can do, but keep these things in mind:

- With myositis, there may be some days when you aren't able to exercise. But when your myositis is under control, exercise has many great benefits.
- It may help you to have less fatigue and be more able to join in on social activities.
- Exercise strengthens your muscles. This can help reduce your risk of falling.
- It helps strengthen bones. This is important because medicines you may take to treat myositis, like prednisone, can give you a higher chance for osteoporosis.
- Staying active helps you maintain a healthy weight.
- It can help keep your immune system strong and help prevent infections.

Types of exercise you may choose may include:

- Strength training—makes muscles and bones stronger. Two types of strength training are:
  - Weight-bearing—you support your weight against gravity. Examples: stair climbing and walking.
  - Resistance—you use a force or weight against yourself. Example: lifting weights.
- Aerobic (“cardio”)—raises your heart rate. Examples: running, dancing, swimming.
- Flexibility—stretches muscles and promotes range of motion. Examples: yoga, Pilates.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don’t sit for too long—stand up and move around every half hour.

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## Exercise for Parkinson's disease

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, improve walking, give you more energy, help you sleep better at night, and maybe reduce falls. It can even lower your risk for illnesses like diabetes and heart disease.

When you have Parkinson's disease (PD), how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with PD know when planning to exercise? There is a lot you can do, but keep these things in mind:

- With PD, it can be hard to move around. Staying active, though, is one of the best things you can do to treat your PD and to stay well.
- Exercise can reduce the motor symptoms of PD by improving signals between the brain and nerves. This makes it easier for you to move and less likely to fall.
- It can also help slow memory loss.
- Staying active can help your digestion and help you maintain a healthy weight.
- Ask your doctor if working with a physical therapist would be right for you.

There are lots of types of exercises to consider:

- Strength training—makes muscles and bones stronger. Two types of strength training are:

- Weight-bearing—you support your weight against gravity. Examples: stair climbing and walking.
- Resistance—you use a force against yourself. Example: lifting weights.
- Aerobic (“cardio”)—raises your heart rate. Examples: running, dancing, swimming.
- Flexibility—stretches muscles and promote range of motion. Examples: yoga, Pilates.
- Check out the Parkinson’s Foundation website [www.parkinson.org](http://www.parkinson.org) to find exercise classes in your area.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don’t sit for too long—stand up and move around every half hour.

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### Exercise for rheumatoid arthritis

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have rheumatoid arthritis (RA), how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with RA know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Listen to your body. Exercise when you are in remission or free from your RA symptoms.
- Stay hydrated. Drink water before, during, and after exercising. This can help your joints move better during exercise.
- Use assistive devices if needed. These are tools that can help you do daily activities. Talk to your doctor about wearing the right footwear or other devices. This can help to reduce stress on your joints.
- You can find more examples of exercises to try on the Arthritis Foundation website:

[www.arthritis.org](http://www.arthritis.org).

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- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

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### Exercise for scleroderma

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like high blood pressure and heart disease.

When you have scleroderma, how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with scleroderma know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Daily stretching exercises of the hands and face can be especially good for people living with scleroderma. These can help preserve grip strength and motion in the hands and improve facial flexibility for oral care.
- Exercise can help keep you maintain a normal weight. This can help reduce the risk of conditions that could make scleroderma worse (such as heart disease, diabetes).
- Staying active helps to keep the immune system strong to help avoid infections.

Types of exercise to discuss with your doctor or physical therapist include:

- Strength training—makes muscles and bones stronger. Two types of strength training are:

- Weight-bearing—you support your weight against gravity. Examples: stair climbing and walking.
- Resistance—you use a force against yourself. Example: lifting weights.
- Aerobic (“cardio”)—raises your heart rate. Examples: running, dancing, swimming.
- Flexibility—stretches muscles and promotes range of motion. Examples: yoga, Pilates.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.
- Set aside time. Start slowly. Maybe walk with a friend.

The National Scleroderma Foundation ([www.scleroderma.org](http://www.scleroderma.org)) offers tips on exercise. Still have questions about exercise and staying active? Give your program nurse a call!

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## Exercise for sickle cell disease

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have sickle cell disease, how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with sickle cell know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Start slowly. Pick a pace that is comfortable and safe with your pain crisis trigger.
- Don't get too hot or cold. When you can, exercise in an air-conditioned area. Avoid quick changes in temperature, such as swimming in cold water.
- If you do swim, dry off, shower in warm water, and dress quickly. This can help you stay warm and avoid triggering a pain crisis.
- Drink lots of water before, during, and after exercise.
- Do not hike at high altitudes or swim a long time under water. This can cause red blood cells to sickle.
- Those with an enlarged spleen should avoid contact sports.
- Rest during and between exercise routines.
- Stick to your medicines that treat your sickle cell disease.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

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### Exercise for epilepsy

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have epilepsy, how you exercise will depend on many factors. Your age, experience, and interests all play a part. Your seizure type and how often they occur will affect the type of exercise that is safe. Talk with your doctor about what kinds of exercise are best for you.

Regular exercise may also help to prevent seizures. So, what should those with epilepsy know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Exercise with a friend. This can keep you motivated. They can also help if you have a seizure.
- Ask your doctor if you need a First Aid for Seizures wallet card with you during exercise.
- Swimming exercises are high risk for those with epilepsy. If you swim in a pool, alert the lifeguard that you have epilepsy. Never swim alone. If your seizures are uncontrolled, swimming may not be a good exercise for you.
- Avoid high risk sports like rock climbing, scuba diving, and contact sports.

Along with regular exercise, make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

Still have questions about exercise and staying active? Give your program nurse a call!

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## Exercise for Crohn's disease

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have Crohn's disease, how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with Crohn's know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Stay hydrated: Drink water before, during, and after exercise.
- Let your body rest. Hold off on exercising if you are not feeling well or having a flare-up with your Crohn's. Flares may limit your exercise routines. Speak with your doctor about what to do when this happens.
- You should also plan exercises around bathroom breaks. You may need to take short breaks during exercise.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

You can find more examples of exercises to try on the Crohn's and Colitis Foundation here at:

[www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org).

Still have questions about exercise and staying active? Give your program nurse a call!

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### Exercise for ulcerative colitis

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have ulcerative colitis (UC), how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with UC know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Stay hydrated: Drink water before, during, and after exercise.
- Let your body rest. Hold off on exercising if you are not feeling well or having a flare-up with your UC. Flares may limit your exercise routines. Speak with your doctor about what to do when this happens.
- You should also plan exercises around bathroom breaks. You may need to take short breaks during exercise.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

You can find more examples of exercises to try on the Crohn's and Colitis Foundation here at:

[www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org).

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## Exercise for HIV

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes, high cholesterol, weight gain, high blood pressure, and heart disease.

When you have human immunodeficiency virus (HIV), how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

So, what should those with HIV know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Try to exercise about 150 minutes every week. This can be 30 minutes each day, five times every week. Examples are walking, running, and biking.
- Strength exercises are great to do twice a week. Push-ups and sit-ups are good ones to try.
- Social activities are great sources of exercise. You may take a dance class or play on a sports team. They also help you meet with others.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks. Ask a friend to join you!
- Don't sit for too long—stand up and move around every half hour.

Take control of your health and fitness. Balance exercise and rest. Still have questions about exercise and staying active? Give your program nurse a call!

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## Exercise for HAE

Staying active is a must for good health. Regular exercise can make your muscles, joints, and bones stronger. It can boost your mood, give you more energy, and help you sleep better at night. It can even lower your risk for illnesses like diabetes and heart disease.

When you have hereditary angioedema (HAE), how you exercise will depend on many factors. Your age, experience, and interests all play a part. First, be sure to talk with your doctor about what kinds of exercise are best for you.

Exercise can help you manage stress, a common HAE trigger. So, what should those with HAE know when planning to exercise? There is a lot you can do, but keep these things in mind:

- Stick to your HAE medicine.
- With the right medicines, many people can exercise without triggering HAE attacks. Make sure to watch for any attack symptoms. Be ready with HAE rescue medicine, if needed.
- Low impact exercise like yoga may be less likely to set off your HAE.

Staying active is more than an exercise routine. Try to make active choices each day to keep yourself fit and healthy. Here are a few ideas:

- Take the stairs instead of the elevator.
- Go for daily walks (ask a friend to join you!).
- Don't sit for too long—stand up and move around every half hour.

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