

ACTIVITY IDEAS

For young people with Chronic Kidney Disease (CKD)

Information devised and shared by Sheridan Collins, Paediatric Renal Dietitian, The Children's Hospital at Westmead, Australia

BUILD ACTIVITY INTO YOUR DAILY ROUTINE

Cycle or walk to school, or walk to the bus stop.



Exercise with a Friend

- Go for a walk or jog
- Join a gym
- Try an outdoor boot camp
- Exercise with a family member
- Climbing gym
- Ice skating
- Laser tag

Be Active Outdoors

- Throw a frisbee
- Shooting hoops
- Rock climbing
- Horseriding
- Skateboarding
- Football



PLAY SPORTS

Join a local sports club with a friend to develop a skill or try a new activity.

Play soccer, basketball or cricket as a family or with friends.

Enjoy being part of a team.

MANAGE SCREEN TIME

Set times to turn off screens for everyone in the family (including parents!).

“No screen zone” at dinner time.

Take an activity break every half an hour when studying.

Try a pedometer or fitness tracker.



Be Active Indoors

- Stretching
- Karate
- Yoga
- Dancing to music
- Household chores
- Table tennis