

Exercise

Making exercise a regular part of your day can help to improve the quality of your life. Exercising provides many benefits, such as:

- Improves blood pressure control
- Strengthens muscle and bones
- Lowers blood level of cholesterol and triglycerides
- Elevates your mood
- Improves sleep
- Better control of body weight

Before beginning an exercise program, it is important to speak with your doctor. Your doctor can help you create an exercise plan that is best suited for you. Make sure that whatever activity/exercise you choose is something that is enjoyable and convenient for you. You should try to

exercise at least three days a week for 30 minutes. It may be necessary to gradually build up to this level.

Types of exercise may include:

- Walking
- Dancing
- Bicycling



AL03015A 5/06

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