



Northwest Renal Network

Helping Navigate Kidney Disease

Patient Bulletin



Our mission is to promote optimal dialysis and transplant care for kidney patients in Alaska, Idaho, Montana, Oregon and Washington

We Can Help With:

Care concerns

Patient rights

Transplant

Treatment options

Travel and dialysis

Questions about employment

Access to our library of resources



*Spring is on the way!
Let's get moving!*

Staying active during the winter is hard for most people. Not everyone participates in winter sports and snow is not the only issue, sometimes it's just rain. Whatever keeps you inside- now is the time of year to head back outside again and move. You don't have to sign up for a 5K race, just make a commitment to move. Walk around the outside of your building, or head up the street and see what flowers are blooming or walk to a neighbor's house for a visit. If you're like most of us, the word "exercise" makes you think of a gym, but it's not the only way. Years ago people stayed fit because it was a lot of work to scrub floors or mow with a push-mower. With all of the conveniences we now have, it is easier for all of us to be less active in our daily lives.

If you have kidney disease and are on dialysis you are tired and do less. When you do less, your muscles, joints and bones become less efficient and you feel weaker. Not using muscles leaves them weak and flabby. But using them can make them stronger again – even if you haven't done anything in a long time. You can break this cycle by being more active. Exercise is the "juice" that recharges your battery and makes you stronger. Being stronger could mean being able to drive a car again, or carry your own groceries, or pick up a child or get to the bathroom without help. Stronger muscles can mean less chance of falling down. You really have a lot to gain, if you just decide to begin.



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