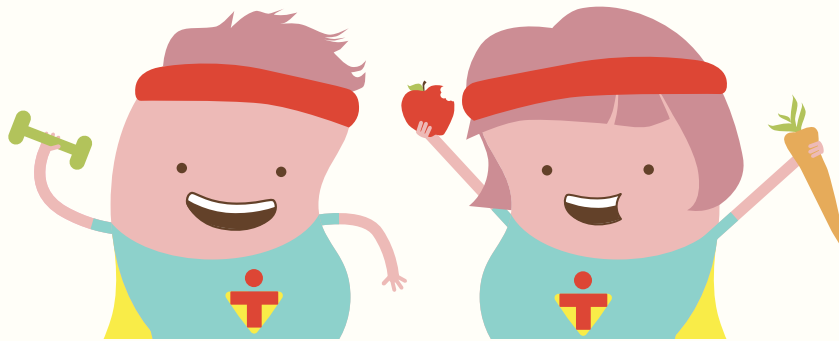
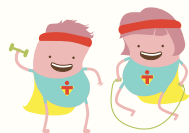


HEALTHY KIDNEYS BEING ACTIVE



PRE-SCHOOL LEVEL



SCHOOL AGE LEVEL



ADOLESCENT LEVEL



RESOURCES MENU

1. Your Kidney Health Team
2. Meet Your Kidneys!
3. Balance
4. Connections
5. Healthy Eating
- 6. BEING ACTIVE**
7. Taking Medicines
8. Healthy Blood
9. Bone Health
10. Blood Pressure
11. Acid Balance
12. Growth
13. Chronic Kidney Disease
14. Family Coping Resources
15. My Coping Resources
16. Glossary







HEALTHY KIDNEYS

The Kidney Health Learning Resource is to help children, parents, families, and caregivers living with kidney disease live well with the disease.

The Kidney Health Learning Resource is also for the health care team. The resource helps open the doors to conversations, learning and relationship-building with children, youth and families about kidney disease by presenting simple, age-appropriate design and medically and clinically accurate information and concepts.

The Kidney Health Learning Resource Advisory Group thanks parents and children who welcomed us into their private experience of living with chronic kidney disease. Children and families shared experiences and took time to let the consultant know what has been - and what would have been - helpful to know as they coped with chronic kidney disease in their families. To the children and families: thank you for sharing so that other families and health care providers can benefit from your wisdom. Your openness, enthusiasm and courage inspires us all.

We thank the members of Pediatric Nephrology, Children's Hospital, Health Sciences Centre Winnipeg who provided input, shared expertise and gave encouragement in the development of the learning resources. We also thank members of CANN-NET for their reviews of materials and their enthusiastic support.

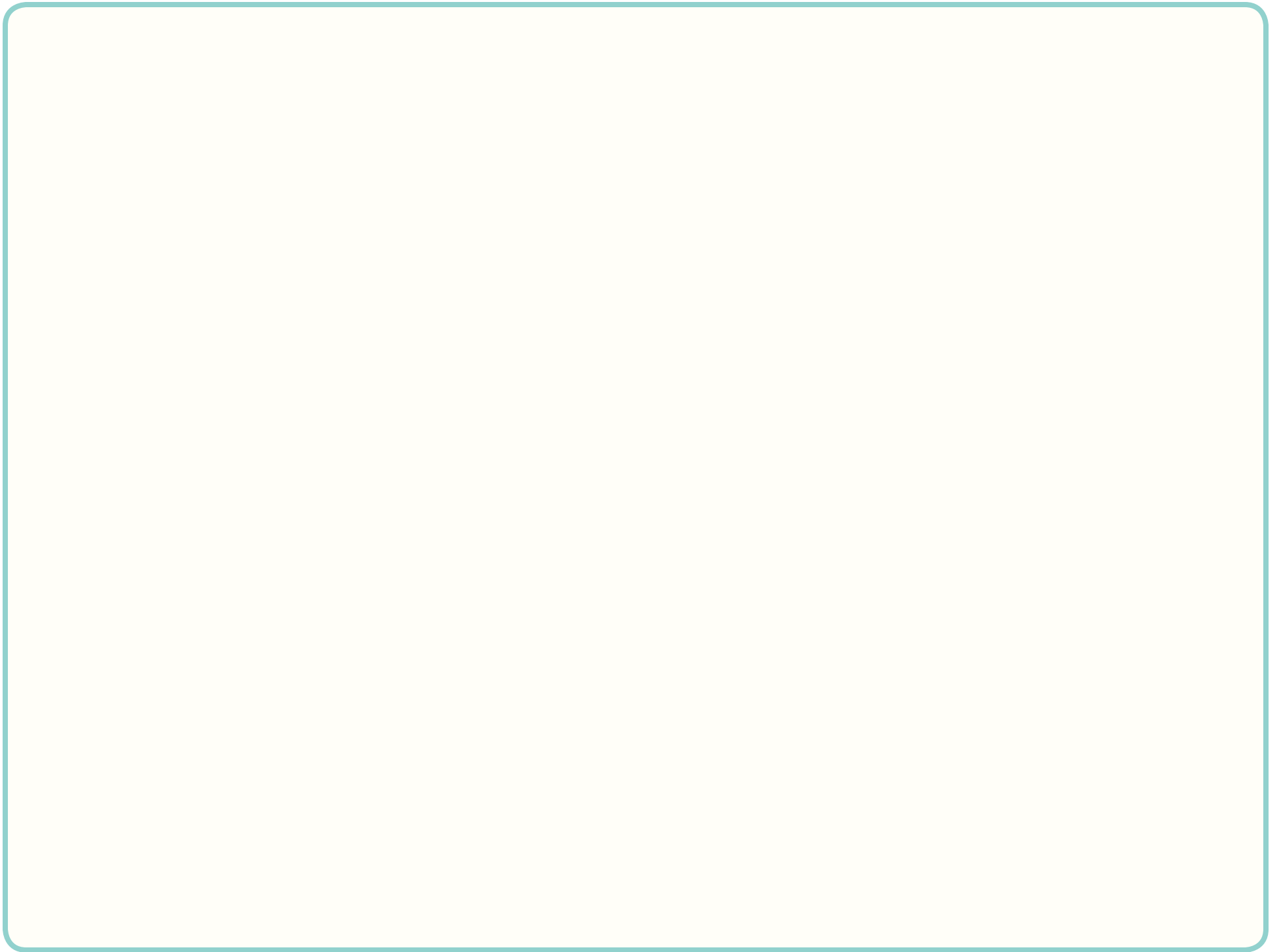
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

Developmental levels within this resource:

PRE-SCHOOL LEVEL

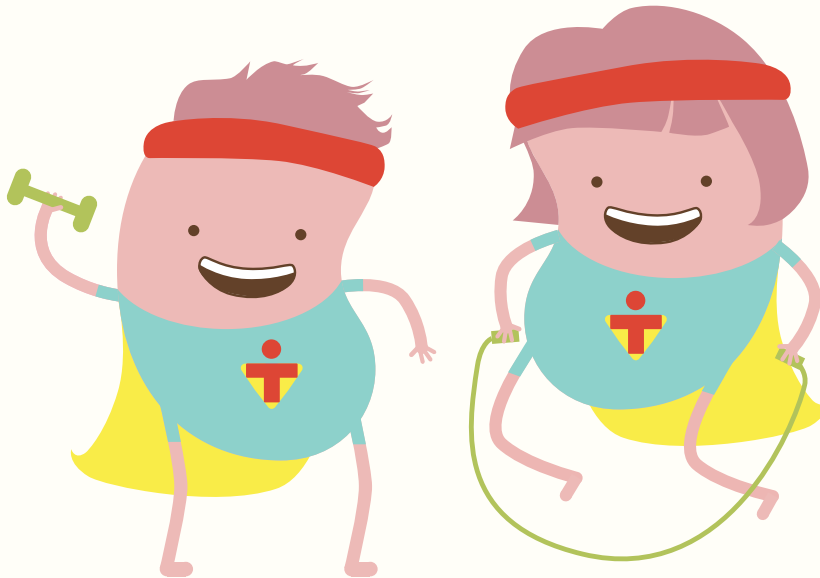
SCHOOL AGE LEVEL

ADOLESCENT LEVEL



BEING ACTIVE

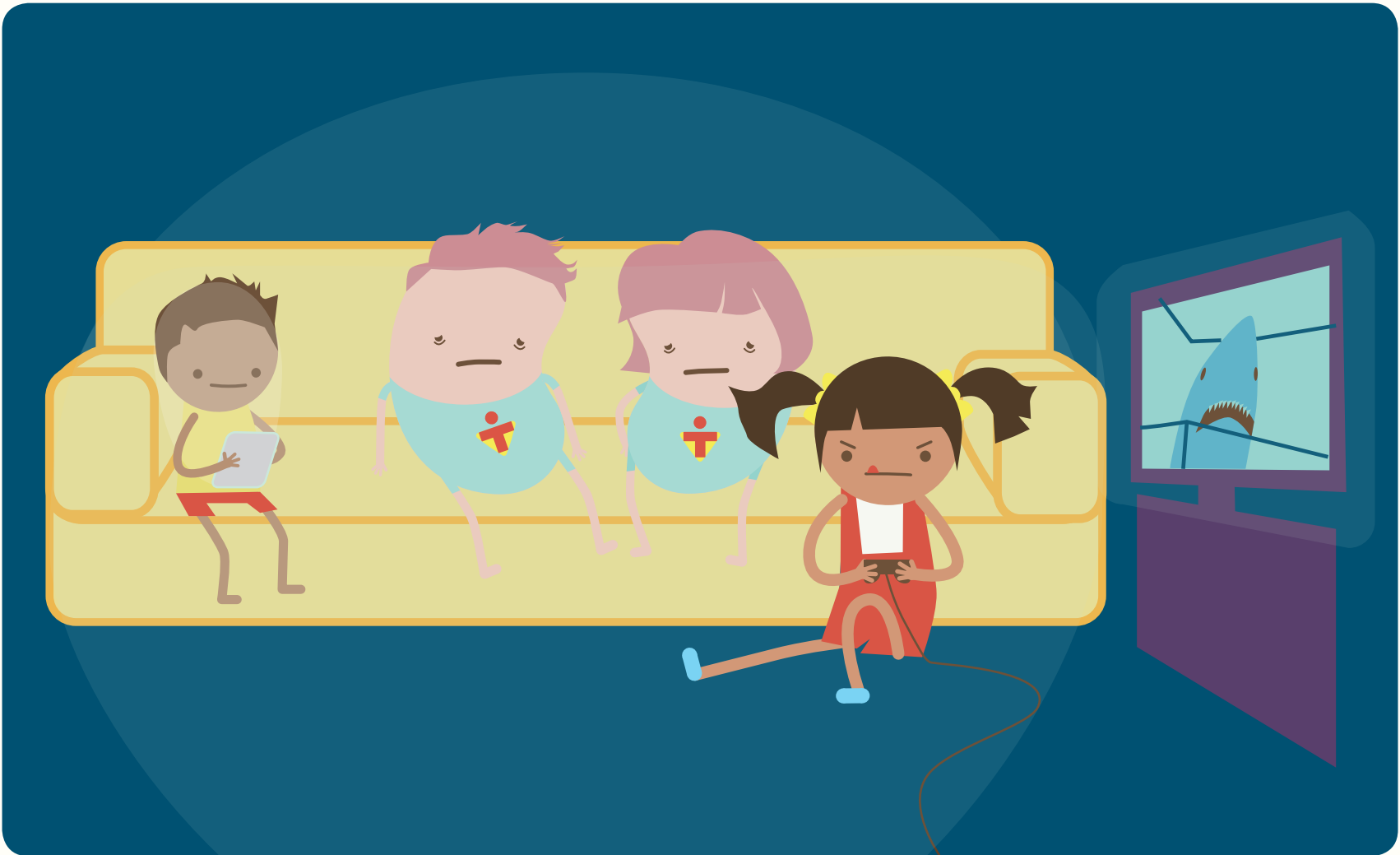
PRE-SCHOOL LEVEL



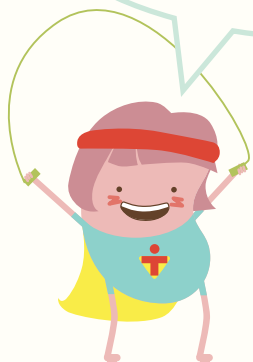
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It's healthy and good to move our body! What's **your** favourite way to move your body?

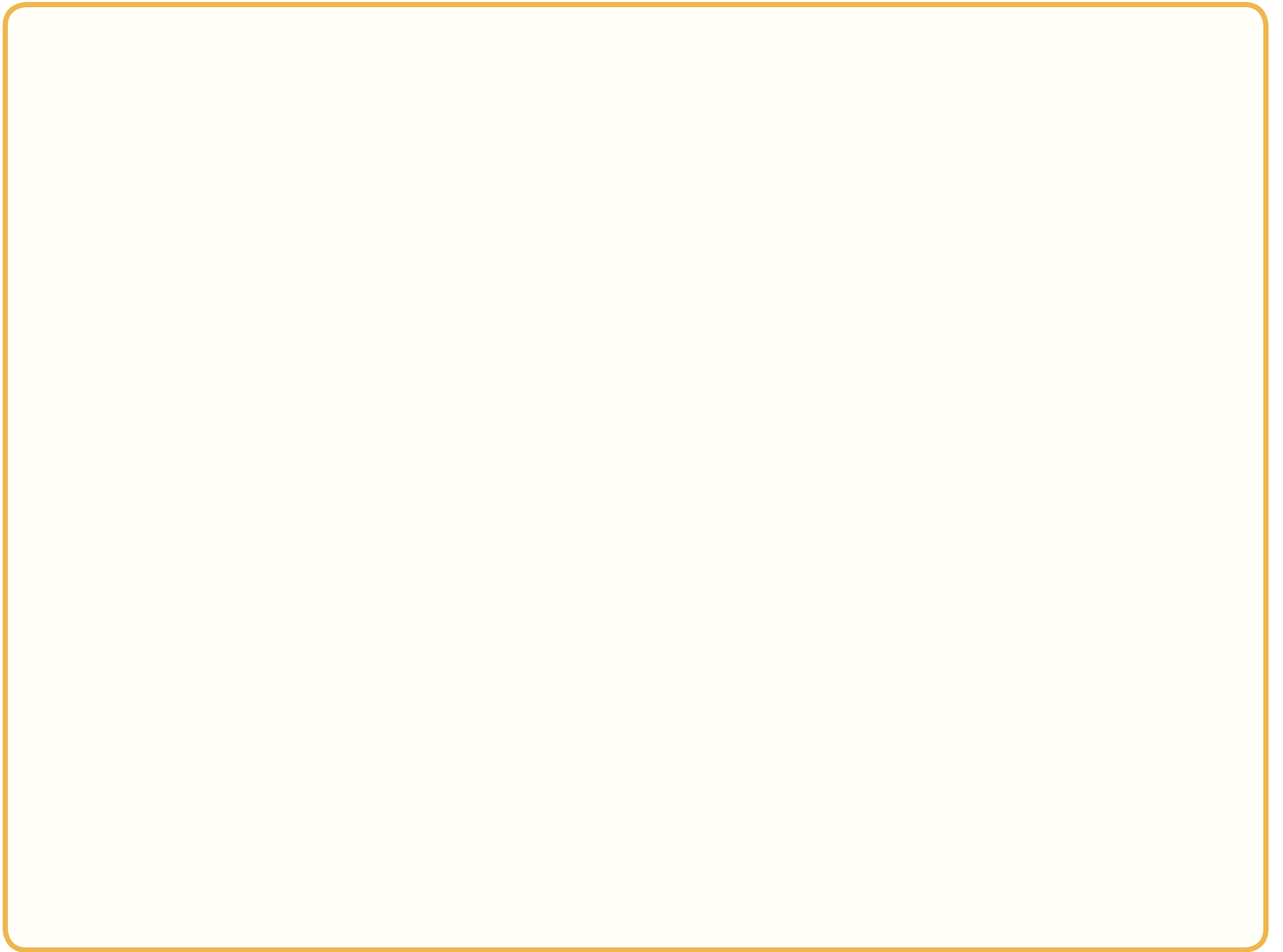




Who is being
active?



UP NEXT: SCHOOL AGE LEVEL



BEING ACTIVE

SCHOOL AGE LEVEL

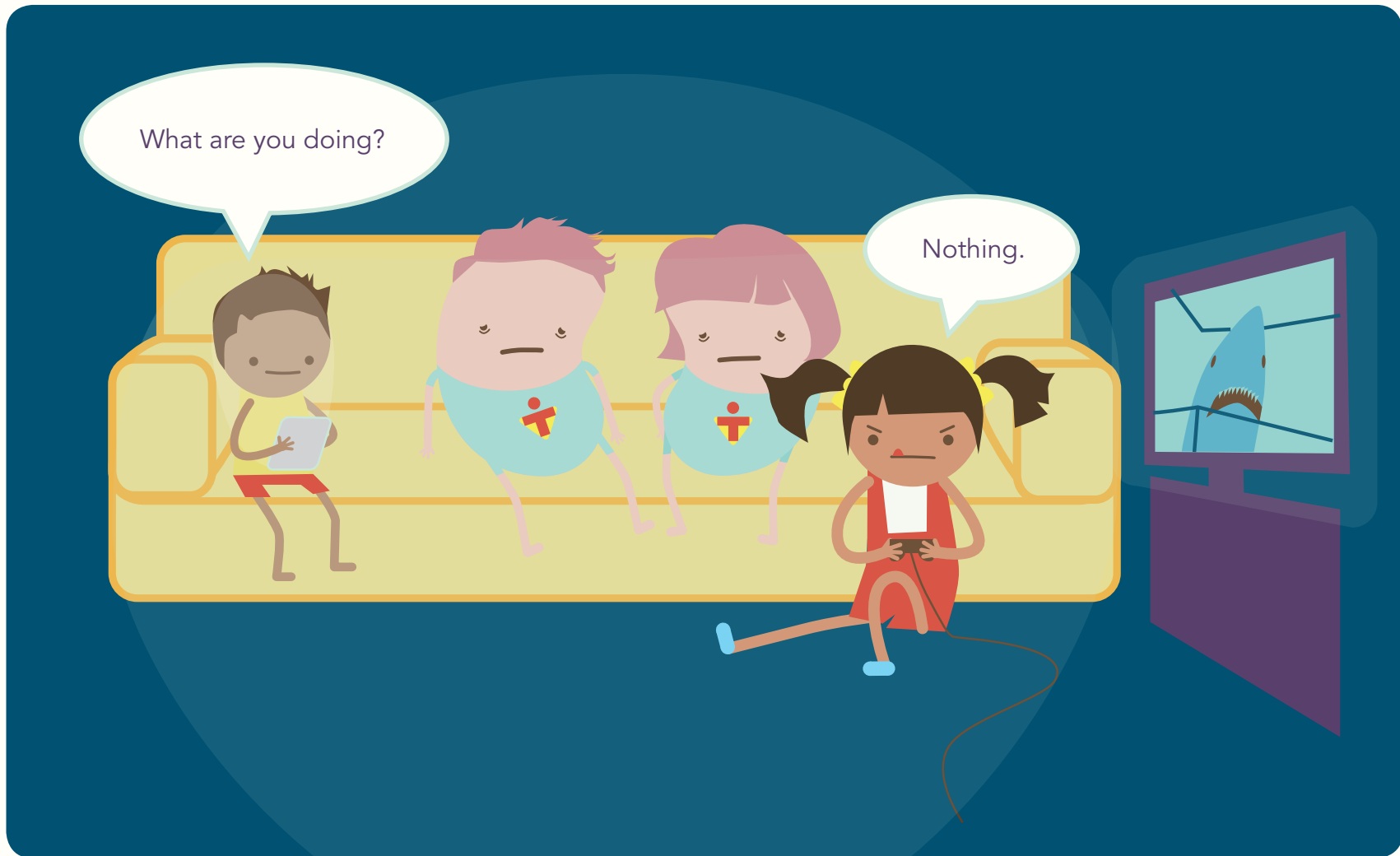


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goal: 60 minutes every day!



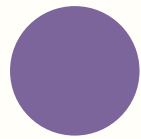


Less than 2 hours
of **screen time** each day

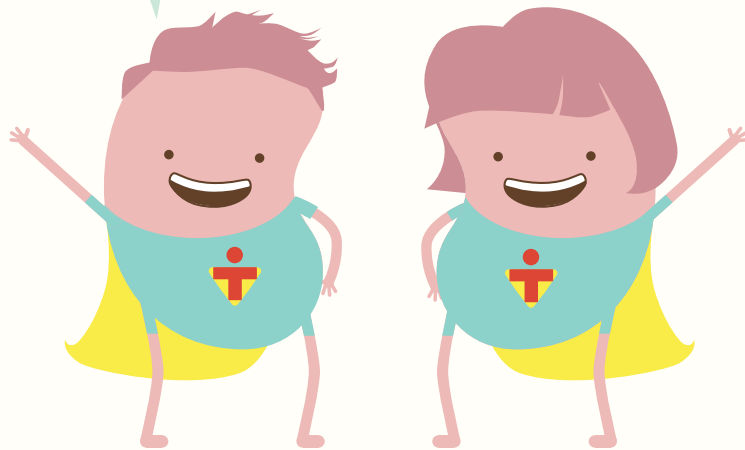
It's healthy and good to move our body! What's **your** favourite way to move your body?



Kick ... it ... here ...

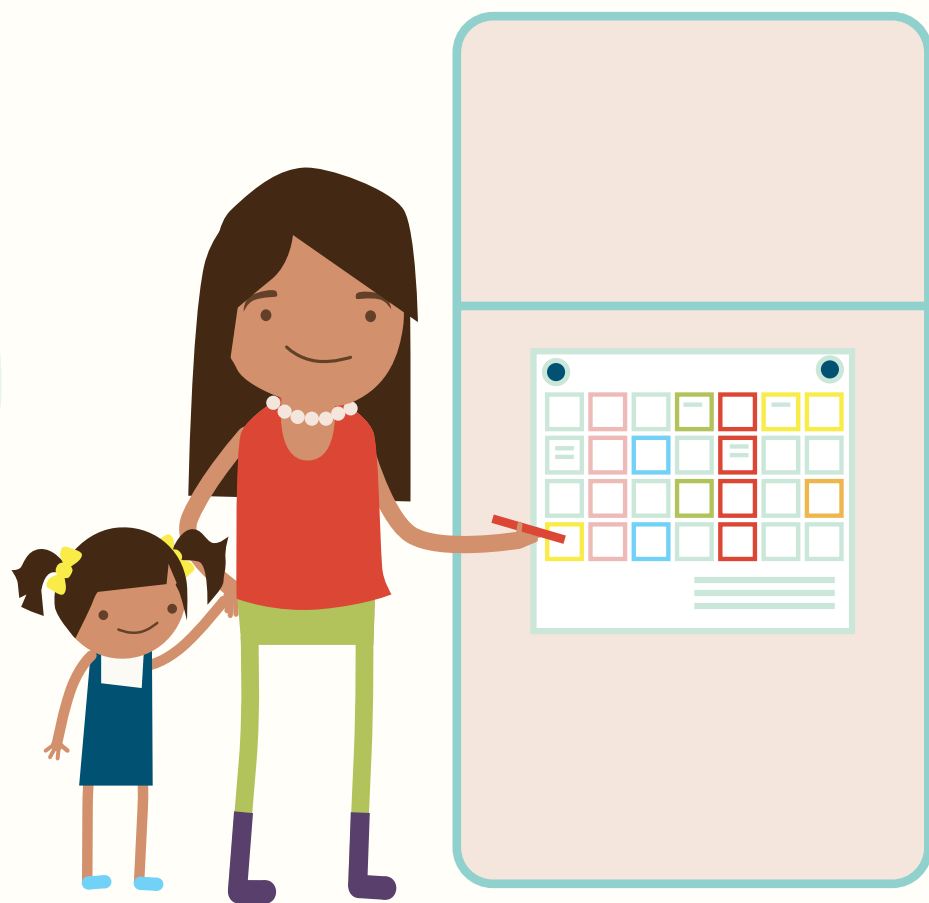


Which activities will make your **heart** beat faster?



- Running
- Working on the computer
- Dancing around your house
- Watching TV
- Vacuuming
- Skating
- Jumping
- Playing video games
- Playing on a play structure
- Bicycling
- Canoeing
- Swimming
- Snow shoeing
- Tobogganing
- Playing outside with your dog
- Reading a book

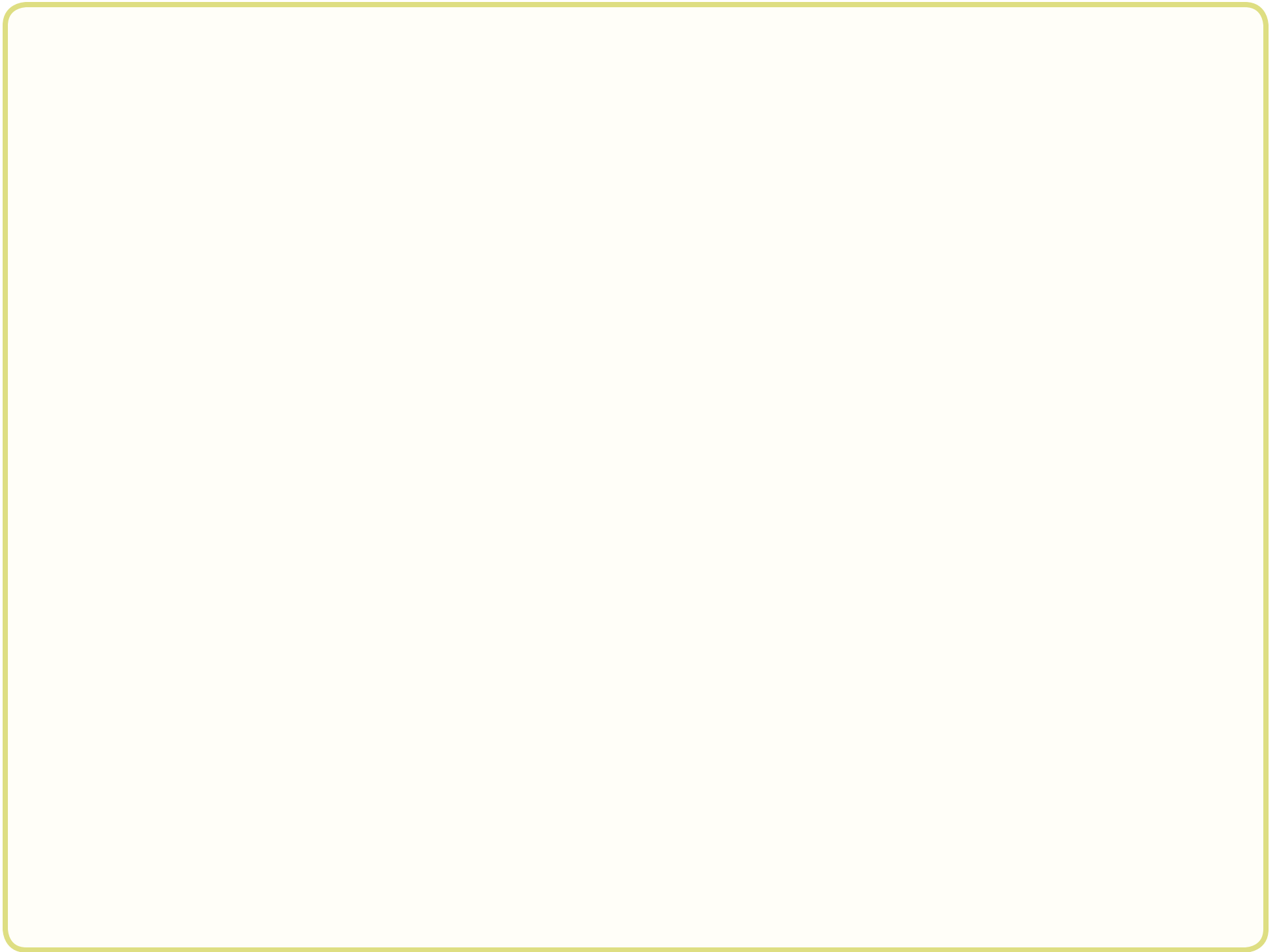
I have an **activity calendar** on my fridge and our whole family writes their activities on it.



Moving your body is great for your **Body Team!**



UP NEXT: ADOLESCENT LEVEL



BEING ACTIVE

ADOLESCENT LEVEL



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It's amazing how much better my body and mind feel when I'm active.

I've noticed that too. I wasn't very active when I was younger. I'm more active now and I feel so much better.

There's so many ways to be active – I always thought I had to run around a soccer field but I really like boarding and it's great exercise.



goal: 60 minutes every day!



Which activities will make your **heart** beat faster?



- Running
- Working on the computer
- Dancing around your house
- Watching TV
- Vacuuming
- Skating
- Jumping
- Playing video games
- Walking your dog
- Boarding
- Shopping at the mall



So when I'm really focused on my boarding, I haven't got enough breath to talk to my friends.

Yeah, my face is all red but it means my body is working hard. I can even feel my heart thumping!

That's how hard we are supposed to be working when we're active.



What's **your** favourite thing to do to get your heart beating that fast?

Screen time ate up a lot of my time until recently. I was on my phone and playing video games all the time.

Oh yeah? I was gaming all the time. I feel way better now that I'm more active and more social.



When I started getting more active, I found it hard because I didn't know what I liked to do.

Me too. I was a little self-conscious. I wasn't very strong and I got tired quickly.

But I just decided it was important for me.



What keeps **you** from doing 60 minutes of physical activity each day?
How can you change that?

Once I realized I wasn't very strong, I started doing a bit of exercise by myself and I was surprised how quickly I got stronger. Then my friend gave me some tips about boarding.

Yeah, my cousin showed me how to roller blade and I really like it.

Once I decided to make some changes, it got a lot easier to be active.

What can **you** do to become more active?





goal: 60 minutes of activity every day!

Physical activity has different levels of intensity. The level of intensity depends on how hard you're working.

The easiest way to know how hard you are working is using the Talk Test.



Activity Intensity	
Light Intensity	I can sing
Moderate Intensity	I can talk but can't sing
High Intensity	It's hard to talk



Being active really helps with my mood too.

Yeah, when I feel tired or sad, I don't want to move but then I get moving and I feel better.



BENEFITS OF PHYSICAL ACTIVITY

- gives you energy
- improves your mood
- helps fight diseases
- controls your weight
- helps you sleep better
- makes you stronger
- helps your heart, bones, blood, muscles, brain
- is fun!

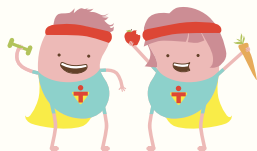
So it really sounds like we need to get active. It will be good for me.

It's great for our **kidneys, bones**, heart, **blood** – it's good for everything!





HEALTHY KIDNEYS



Created by Julie Strong BN, Tom Blydt-Hansen MD, Diane McKenty RN, and Angela Chotka MA with Pediatric Nephrology (Children's Hospital Health Sciences Centre) and Chotka Consulting: Creative Balanced Solutions. With thanks to the Children's Hospital Foundation of Manitoba for their generous support.

For more information about this resource, please contact Pediatric Nephrology at 204-787-4947 or jstrong@exchange.hsc.mb.ca or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>