

Physical activity and exercise for Haemodialysis

Talk to your doctor if you wish to increase your activity levels

What?



Physical activity

Physical activity and exercise should be encouraged in people on haemodialysis where there are no safety issues. Some physical activity is better than none.



150 min moderate-intensity

We recommend that people on haemodialysis should aim for 150 min of moderate-intensity (increased breathing, able to talk) activity a week or 75 min of vigorous activity (breathing fast, difficultly talking) or a mixture of both. Some physical activity is better than none.



Type of exercise

This may include a combination of exercise outside of dialysis (interdialytic) or exercise during dialysis (intradialytic).



Break up sedentary periods

People living with non-dialysis CKD should break up prolonged periods of being sedentary (e.g., sitting) with light activity when physically possible, or at least with standing.

Benefits

Research shows that increasing physical activity or exercise levels in people undergoing haemodialysis will contribute to the following:



Improved blood pressure



Reduced risk of cardiovascular-related and all-cause mortality (death)



Improved heart health and physical function



Improved lipid profiles (fats in blood such as cholesterol)



Reduce hospitalisation



Improved muscular strength



Improve how well dialysis works

Other lifestyle considerations



Smoking

Individuals undergoing haemodialysis should stop smoking.



Alcohol

It is recommended alcohol consumption should be within national guidelines.



Drugs

It is recommended that individuals avoid all recreational drug use.

Recommendations taken from the UK Kidney Association Clinical Practice Guidelines for Exercise and Lifestyle in CKD (Baker, March, Wilkinson et al., 2022)