Physical activity and exercise for Kidney Transplantation

**What?**

**Physical activity**
General physical activity should be encouraged in people with a kidney transplant without safety issues. Some activity is better than none.

**Resistance training**
Resistance (strength) training, comprising upper and lower body components, should be performed at least 2x/week.

**150 min moderate-intensity**
People with a kidney transplant aim for 150 min of moderate-intensity (increased breathing, able to talk) physical activity a week or 75 min vigorous (breathing fast, difficulty talking) activity.

**Type of exercise**
People with a kidney transplant should undertake both aerobic (exercise that gets you out of breath) and resistance (strength) exercise to maximise the effects on exercise capacity and muscle function.

**Benefits**
Research shows that structured exercise in people pre- and post-transplant will contribute to the following:

- **Improved health-related quality of life**
- **Reduced risk of cardiovascular-related and all-cause mortality (death)**
- **Improved cardiorespiratory fitness**
- **Improved muscular strength and physical function**

**Prehabilitation for transplantation**
Exercise prior to transplant surgery (prehabilitation) may help increase physical activity levels and aid recovery post-transplant.

**Safety and contraindications**
People with a kidney transplant should avoid traumatic damage to the transplanted kidney and participation in contact sports (e.g., rugby) and/or prolonged extreme exercise (e.g., marathons) must be considered carefully.

**Other lifestyle considerations**

**Smoking**
Individuals with a kidney transplant 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)