

ACTIVITY IDEAS

for kids and teens with Chronic Kidney Disease (CKD)

Created by Sheridan Collins, Pediatric Renal Dietitian, The Children's Hospital at Westmead, Australia

BUILD ACTIVITY INTO YOUR DAILY ROUTINE

Bike or walk to school, or other activities.



Exercise with a Friend

- Go for a walk or jog
- Join a gym
- Try an outdoor boot camp
- Exercise with a family member
- Rock climbing gym wall
- Ice skating
- Laser tag

Be Active Outdoors

- Throw a frisbee
- Shoot hoops
- Rock climbing
- Horseback riding
- Skateboarding
- Football



PLAY SPORTS

Join a local sports team with a friend to develop a skill or try a new activity.

Play soccer or basketball as a family or with friends.

Try an independent sport such as swimming, dance, golf or track events.

MANAGE SCREEN TIME

Set times to turn off screens for everyone in the family (including parents!).

“No screen zone” at dinner time.

Take an activity break every half an hour when studying.

Try a step counter or fitness tracker.



Be Active Indoors

- Stretching
- Karate
- Yoga
- Dancing to music
- Household chores
- Table tennis

Be sure to check with your medical team to ensure any activity or sports you pursue are safe within your medical needs.

Vitaflo USA, LLC. 1007 US Highway 202/206, Building JR-2, Bridgewater, NJ 08807
myrenalnutritionusa.com

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2022 Nestlé.