

# Summertime Boredom Buster

## What Activities Will You Be Doing This Summer?



Summer is a great time to take advantage of the warm weather and fit in some fun outdoor activities. For many of us, that means friend and family get-togethers, picnics, and spending time outdoors in the sun. Perhaps you feel that the warm months call for slowing down and enjoying the simple things. Whichever way you see yourself spending the summer, there are many activities you can do to enjoy a good quality of life on dialysis.

### Here are a few summertime activities for you and your loved ones:

- ✓ Have a barbecue or family party
- ✓ Enjoy community events such as street fairs or festivals
- ✓ Go for a walk
- ✓ Start a book club that meets at the local library or park
- ✓ Take up gardening
- ✓ Take on a new hobby like fishing, bike riding, yoga classes
- ✓ Go sightseeing at a park or visit a zoo
- ✓ Backyard camping with the children

Participating in summer activities will not only help you physically. People with kidney disease find that not only are they stronger and have more energy, they also have an improved mood and a more positive outlook on life when they are active.

### Other great helpful benefits of staying active in the summer include:

- ✓ Reduces blood pressure
- ✓ Controls blood sugar
- ✓ Reduces cholesterol
- ✓ Strengthens muscles, bones and heart
- ✓ Stimulates your motor skills and your mind
- ✓ Controls body weight

### Tips for the summer...

- You should always check with your physician before beginning any type of physical activity.
- Be sure to pay attention to how you are feeling and rest periodically when engaging in any physical activity. If you feel sick or a little off, be sure to seek medical attention.
- Don't forget to wear your hat!

