

Move to Lose: Exercises for Healthy Joints

Families often ask health providers if children with bleeding disorders should exercise; the answer is definitely “Yes!” Physical activity and exercise have benefits for everyone at all ages to maintain a healthy lifestyle; and can protect you from long term joint damage. Other benefits include boost in energy, helping with sleep, and decreasing weight and feelings of anxiety and depression.

Our HTC Physical Therapist Kay Craig is happy to discuss healthy movement and exercise with you at any time.



Check out this GREAT video from the HTC at Children’s Hospital of Chicago’s Center for Cancer and Blood Disorders. You will gain an understanding of the benefits of exercise for patients with bleeding disorders including exercise demonstrations.

[Move to Lose: Exercises for Healthy Joints - YouTube](#)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.