

Being Active When You Have NAFLD

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Do you want to feel better, move better and sleep better? Experts now say that any physical activity counts toward better health – even just a few minutes!

People with nonalcoholic fatty liver disease (NAFLD) lose stamina and strength, get out of breath easily and are at risk of heart attack, diabetes, stroke and certain types of cancer. Being active is a great way to counter those effects. You can lower your blood pressure, improve your muscle strength and endurance, boost your energy and feel better overall.

Did you know that living a healthy lifestyle, including exercising regularly, is the most effective treatment for this common condition? When combined with weight loss, regular physical activity can even reverse your NAFLD.



Getting Started

Keep It Simple

Sit less and move around more! Walk to the mailbox. Walk the dog. Dance in the kitchen. Take the stairs. Find opportunities to move throughout your day. It all adds up.

Talk with Your Doctor

Talk to your health care provider before you start a new physical activity program. Ask about other medical conditions or drugs you're taking that might affect

Build a Plan

Ask to meet with a clinical exercise physiologist or a member of the health care team who can go over your physical activity and care plan.

Motivation

What will help you stick with an activity plan? Would exercising with a friend help? Would you do better in a supervised program or fitness center? Is there a better time of day? Do you have the right clothes and shoes?

NAFLD Tips and Cautions

Physical activity should ideally be performed with a short warm-up and cool-down (easy pace).

Heart rate may be an unreliable way to measure your activity intensity. Use your feelings of effort instead (light to medium).

If you have an abdominal hernia, avoid abdominal exercises such as sit-ups or crunches.

It's OK to drink when you feel thirsty, but limit salty foods to help you not be so thirsty or retain fluid.

If you have diabetes, check your blood glucose before and after exercise if you have any new symptoms.

Aerobic Activity

Aerobic activity increases your heart rate and breathing. Slowly build up to doing at least 150 minutes/week of moderate-intensity activity (like a brisk walk, light cycling or water exercise). You'll improve your stamina and liver health.

What?

Any rhythmic, continuous activity

How often?

3-5 days/week

How hard?

Fairly light to somewhat hard

How much?

Start with a few minutes. Gradually build up to 20-60 minutes over the day.

Remember: If you need, start by doing 3 minutes of activity and then rest for 3 minutes. Repeat 3-4 times. Fit in 5 or 10 minutes here and there. Or go for 20-30 minutes. Be active however and wherever you can. To lose weight, do twice as much activity

To stay safe and injury free:

- Start with light to fairly light effort.
- Gradually increase your time spent being active. Then increase your pace.
- Warm up and cool down before and after exercise.

Strength Training

Strength training, for example, working with weights or resistance bands, makes you stronger and helps your overall health. Plus, strength training can make daily activities like lifting laundry baskets or yardwork easier and safer.

What?

Hand weights, resistance bands, weight machines or your own body (for example, kitchen counter push-ups or chair sit-to-stands).

How often?

2-3 Days/week
*Rest day in between

How hard?

Start with light effort. Build up to medium or hard effort.

How much?

10-15 repetitions (for each major muscle group) 1-2 sets

Remember: If you need it, get help from a certified exercise professional or talk to your health care provider. They can teach you the right way to do exercises and how to breathe properly.

Strength Training Cautions

- Slowly increase how much you lift and how often.
- Avoid straining or holding your breath when lifting. This causes your blood pressure to go up.

Other Types of Physical Activity

Aerobic activity and strength training are at the heart of a program for those with NAFLD. But you may enjoy and benefit from these other options.

Flexibility

Stretch your muscles 2-3 days/week to the point of feeling tightness. Hold for a total of 60 seconds (can do 10-30 second stretches). For example, stretch your calves or the back of your thighs.

Take More Steps

Use a smart phone or activity tracker to measure your progress and stay motivated. Count your steps daily for the first week. Slowly build up to 7,000 or 9,000 steps/day.

Yoga and Pilates

help with balance, strength, and are relaxing, too.

Just for Fun

Find ways of being active that are just plain fun. Try pickleball. Dance. Tend your garden. Play outdoors with your kids or grandkids. Find what makes you smile and do it more often.

Start where you are. Use what you have. **Do what you can.**

More Help

Go to www.acsm.org/get-stay-certified/find-a-pro to find an ACSM certified exercise professional near you.

How will I get started **this week?** _____
