

## SOME DAYS ARE BETTER THAN OTHERS

### 1. Adjust your activity level.

Over time try to increase the amount of physical activity and exercise you are doing each week.

PBC patients should aim to shift body composition to higher muscle mass and lower fat mass. Increased exercise and proper nutrition are essential for that.

### 2. Adjust your intensity level.

Walking is a great low intensity exercise you can do to improve your overall health.

### 3. Listen to your body.

Those with PBC may also suffer from rheumatoid arthritis. If you experience an arthritis flare-up, you may need to reduce the amount and intensity of your exercise until your symptoms settle. It is important to stay as active as you can while avoiding pain. Once you have recovered, it is important to get back to your usual exercise routine.

If you have pain in your joints with weight-bearing, you may want to consider water therapy.

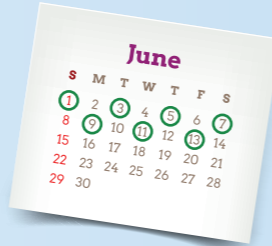
## FOCUS ON WHAT YOU CAN DO

### 1. Frequency - How often should I exercise?

Set a goal for aerobic exercise such as walking.

Try walking briskly 3-5 times per week or every day at a lower intensity.

For exercises such as weight training, try giving yourself a day of rest between.



### 2. Duration - How long should I exercise?

Try to achieve bouts of 10 minutes or more. Depending on your starting point, reaching 40 to 60 minutes of exercise a week can have significant benefits to your heart health. Over time try to work your way up to 150 minutes weekly.



### 3. Intensity - How hard should I work?

Use the talk test to find out how hard you are working. Aim to exercise at a pace where you can still speak a full sentence BUT are at least a little short of breath doing it!



## RESOURCES/LINKS

S24-hour movement guidelines  
<https://csepguidelines.ca/>

Exercise intensity scale  
<https://exercise.trekeeducation.org/assessment/borg-scale-rpe/>

Too fit to fracture  
<https://osteoporosis.ca/exercise/>



## Stay Strong through Active Living

*PBC is a chronic, slowly progressive autoimmune liver disease. In addition to taking the medications your doctor prescribes to manage PBC, it is important to prioritize lifestyle changes that keep your body strong. Healthy eating and active living are choices you can make every day that help you to build and retain muscle mass and muscle function and maintain good bone health.*



## STAY STRONG THROUGH PHYSICAL ACTIVITY

### 1. Improve mood and fatigue.

More than 50% of PBC patients feel tired and exhausted. Those with PBC may suffer higher rates of anxiety, depression, and feelings of social isolation.

Many feel hesitant that additional activity could increase fatigue; however, studies have shown that by improving your fitness through exercise, your body will use less energy when you are doing day-to-day tasks. In this way, exercise can help to reduce your overall fatigue, and you will find you have better energy to take part in activities you enjoy.

Studies suggest that meditation and yoga may help improve mental wellbeing.

### 2. Build and retain muscle.

Evidence shows that some people with PBC can struggle with longer duration activity otherwise called aerobic endurance exercise.

Building and retaining muscle is very important for overall strength and increased endurance. It also allows you to maintain your mobility, balance, and overall independence. This allows you to take part more easily in day-to-day activities like yard work, climbing the stairs, or carrying heavy groceries.

### 3. Strengthen bones.

Close to 30% of those with PBC also have osteoporosis. Those with PBC have a higher rate of osteoporosis than the general population.

In addition to getting enough vitamin D, we suggest you focus on balance exercises, proper posture, strength training, and aerobic activity to strengthen your bones. Weight-bearing exercises and weight training can have a positive impact on our bones.

## HAVE FUN

### Set realistic goals & track your activity.

Find activities that you enjoy and make a schedule to incorporate physical activity into your weekly routine. This greatly improves your chances of sticking to a healthy habit.

Monitor your activity using an exercise diary or step counter. This allows you to recognize your current level of activity and to progress until you find the optimal level for managing your symptoms. This is a good way to also see how much progress you are making.



## CHOOSE WHAT'S RIGHT FOR YOU

**Resistance exercises:** These are strength exercises that use resistance in different muscle groups to increase the strength or endurance of your muscles. Examples are weight training or bodyweight activities such as squats.

**Aerobic exercise:** Often called cardio, these activities increase your heart rate and breathing. They help to improve heart and lung health. Examples include biking or swimming.

**Yoga & Tai Chi:** These are ancient practices that teach you about breathing, building muscle strength, reducing fatigue, and having a beneficial effect on emotional health.

**Physical activity** is considered any movement beyond resting. **Exercise** is a form of physical activity that is planned, structured, and repeated to specifically improve physical fitness. Both are beneficial. Remember daily chores count!

Aerobic exercises	Activities of daily living
Walking	Mopping the floors
Biking	Vacuuming
Jogging	Using the stairs
Dancing	Yard work
Swimming	Grocery shopping

## STAY SAFE

Safety should be your #1 priority when beginning exercise with PBC. Your doctor or a certified exercise physiologist can help advise you what is and is not appropriate to start with.

### 1. Prevent injury.

Wear good shoes, warm-up & stretch, take breaks, and avoid high-impact exercise (example: jumping jacks).

Clear your work out area before starting.

Use balance supports like a chair or the wall.

### 2. Consult your specialist.

Talk to your health care professional to ensure your exercise plan is right for you.