

PHYSICAL ACTIVITY AND EMOTIONAL WELLBEING



Do you know why it is so important for people with bleeding disorders to engage in physical activity?

Maintaining good musculoskeletal conditioning is crucial for promoting a good state of health. For people with bleeding disorders, physical activity improves physical and mental health, protects joints and muscles, and helps prevent bleeding. Physical activity benefits you physically, psychologically, and socially.



Physical: Improves posture, muscle strength, cardiorespiratory capacity, coordination, and balance. Physical activity also releases endorphins—neurotransmitters that help relieve pain and elevate your mood.



Psychological: Strengthens self-esteem or self-image, generates self-confidence, promotes self-improvement, and allows you to recognize your physical limits.



Social: Physical activity practiced in group sports allows us to strengthen bonds between our peers, creates a sense of belonging to a group, promotes inclusion and fair play, and fosters the construction of support networks.



Physical activity is recommended for everyone by the World Health Organization (WHO) to maintain an optimal state of health and promote a sense of well-being.



Encouraging physical activity:

It is important to encourage physical activity from childhood to ensure continuity into adulthood. When you decide to do a sport, don't forget to consult your healthcare team first. They can perform an evaluation of your general state and give you advice on what kind of physical activity is right for you.

Don't forget:

- Attend periodic check-ups when you do a physical activity
- Follow the treatment indicated and agreed upon with your treating team—this is called treatment adherence
- Start with small goals to help maintain motivation without putting your body at risk
- Don't compare yourself to others, as this can cause frustration and lead to excesses
- Pay attention to your body's signals, and stop the activity if you feel pain, swelling, or unusual discomfort
- Consult your hemophilia treatment centre if you had an issue related to your bleeding disorder during the activity
- Consult your hematologist and be realistic when considering pursuing sport competitively

These recommendations are important for all bleeding disorders, regardless of the degree of severity...and, of course, doing physical activity is very fun! So go ahead and enjoy!

In the book 'Energy in Motion' you can find more information on this topic to share with children.



Find local support:

We invite you to contact your national member organizations (NMO) or a hemophilia treatment centre (HTC) by consulting our global directory:
wfh.org/find-local-support