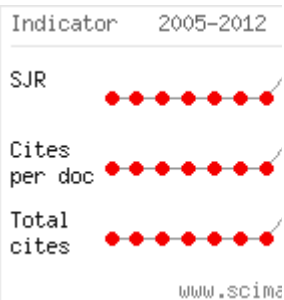


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## THE EFFECTS OF PHYSICAL EXERCISE IN CHRONIC END-STAGE KIDNEY FAILURE PATIENTS ON HAEMODIALYSIS

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### Abstract

Physical exercise is known to have beneficial effects on healthy individuals, but there are insufficient data concerning the effects of physical exercise in chronic end-stage kidney failure patients on haemodialysis. The aim of this study is to assess the effects of a regular moderate physical exercise programme on body composition, nutritional status, cardiovascular risk factors, and

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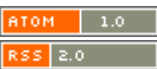
haemodialysis (HD) treatment in chronic end-stage kidney failure (CESKF) patients on haemodialysis. Twenty-nine HD patients on a 6-month physical exercise programme and who were non-randomly assigned to an experimental or control group in two hospitals in Spain (Jaén and Úbeda Hospital) underwent whole body composition analysis (body fat, muscle, bone, body fluids, and mass regionalization) using non-invasive, reliable, valid, standardized, low-cost, easily transportable methods, i.e., bioelectrical impedance (BIA) and anthropometric analysis, to gather pre-physical exercise and post-physical exercise haemodialysis data.

Key words: Physical exercise; kidney failure; haemodialysis; anthropometry; bioimpedance; impedance spectroscopy

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