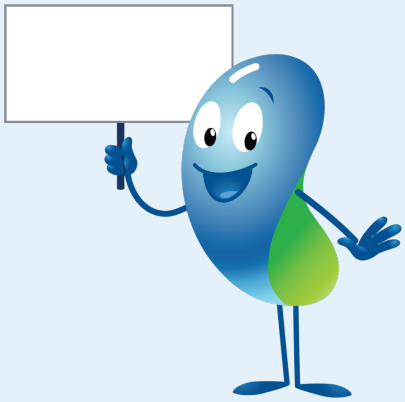
THE KIDNEY EXPERTS

Kidney-kind New Year goals



Start small.

Pick one small goal you can really do. When it feels easy, build on it.

Move more, your way.

- Moving more helps your kidneys and your heart.
- You don't have to run. Walking and gardening count.
- Not active now? Start slow.
- Ask us what kind of activity is safe for you.

Do you smoke?

Quitting helps your kidneys, too. It can help slow kidney disease. It helps at any age. Quitting can be hard, so ask us about help to quit.

A healthy weight, without shame.

A healthy weight can help your kidneys. But your health is more than a number on a scale. Ask us what's right for you.

Missed a day?

That's normal. Pick it up again the next day. A friend can help you keep going.

Bring your questions to every visit.

From Neff Roligée and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.