

Diet & Exercise

Regular exercise and a healthy diet are important for people with bleeding disorders. These lifestyle habits can help you maintain a healthy weight, which can help prevent added strain on your muscles and joints. Staying healthy might also help prevent other serious health conditions.

Physical Activity

Physical activity can help keep muscles strong and flexible, prevent joint damage and improve venous access. What's more, engaging in physical activity can help build self-confidence, teach teamwork and create a sense of community. This is especially important for children and teens with bleeding disorders.

However, it is important to choose activities that are safe for you. In general, most sports and activities are safe for people with bleeding disorders, as long as they take the proper precautions. These generally include stretching before exercise and wearing a helmet and other types of protective coverings, such as knee and elbow pads. Those with a more severe condition will have more limits, such as avoiding contact sports and any other activity that may lead to injuries that cause bleeding.

The table below categorizes some common activities by risk of potential injury for a person with a bleeding disorder. This is not a complete list, and people with a bleeding disorder should consult with a healthcare professional before undertaking any physical activity. Your doctor or physical therapist can help you develop an exercise program that is appropriate for your needs.

Low-Risk Activities

Generally safe for most people with a bleeding disorder.

Archery	Rowing Machine	Frisbee golf	Spinning
Aquatics	Ski Machine	Golf	Swimming
Bicycling	Stationary Bike	Hiking	Tai Chi
Body Sculpting	Treadmill	Pilates	Walking
Circuit Training	Fishing	Physioball	Weight Lifting (resistance training)
Elliptical Machine	Frisbee	Snorkeling	

Moderate-risk activities

Require protective equipment, such as helmets, knee pads, etc...

Aerobics	Canoeing	Diving (recreational)	Horseback riding
Baseball (softball)	Cardio kickboxing	Stepper	Ice skating
Basketball	Cheerleading	Frisbee (ultimate)	Inline skating
Bowling	Dance	Gymnastics	Jet skiing



Moderate-risk activities (Continued)

Jumping rope	Rock climbing (indoors)	Skiing (cross-country)	Tennis
Karate	Roller skating	Skiing (downhill)	Track and field
Kayaking	Rowing/crew	Snowboarding	Volleyball
Kung Fu	Running/jogging	Soccer	Water skiing
Mountain biking	Scooter (non-motorized)	Surfing	Yoga
Racquetball	Scuba diving	T-ball	
River rafting	Skateboarding	Tae Kwon Do	

Activities Not Recommended

Dangerous especially in cases of severe bleeding disorders.

BMX racing	Lacrosse	Rugby
Boxing	Motorcycling/motor scooter	Snowmobiling
Diving (competitive)	Motocross racing	Trampoline
Football	Rocking climbing (natural)	Weight lifting (power lifting)
Hockey (field, ice, street)	Rodeo	Wrestling

Dietary measures

In general, no specific nutrients or foods are believed to help or hurt people with bleeding disorders. However, a sensible diet is always recommended, and those with a severe bleeding disorder may want to avoid foods with sharp edges that could cut the mouth, as well as foods that are too hot and could burn the tongue or roof of the mouth.

