

# Extra points

A workbook to help you get out,  
get active, and get to the goal



# Tips to keep yourself active

Exercising is a great way to keep fit, both physically and mentally. Physical activity can help keep your muscles strong and your weight balanced. And a lot of sports are social activities, promoting teamwork and positive self-esteem. Best of all, strong muscles lead to stable joints. For people with hemophilia, this may help reduce the number of possible bleeds. Follow these tips to get the most out of your physical activity or exercise plan.

## Aim to join an organized sport

Playing around with friends can be fun, but it can also present risks. A backyard or pickup game may not be that competitive, but there could be a lot of contact, which could be unsafe without the proper gear. With no coaches or supervision in backyard games, they can end up being more dangerous. There are also no standard safety measures, like having a proper playing area. Although organized sports may have more contact, there is usually more supervision and safety gear.

## Try to take part in non-contact activities

Non-contact activities, like swimming and cycling, are examples of better options for people with hemophilia. There is less chance of making contact with a fast-moving object or person.

## Practice safety first

Protective helmets and even braces or splints can help improve safety during activities. After all, if you have had regular joint or muscle bleeds in the past, it's best to protect those areas as much as possible.

## Weigh the benefits and risks

Do you have difficulty running? Are you just looking for some competition? Selecting an activity can be just as much of an exercise as *actually exercising*. With the help of your health care professional, choose an activity that works best for you. For example, if you have knee problems but want to compete in a sport, try a golf foursome instead of playing baseball.

## Most important, clear a sport or activity with your health care professional first

Choosing the right sport or activity depends on your condition. Although you may feel like you can handle certain sports or possible contact, your health care professional or hemophilia treatment center (HTC) team may advise you otherwise. Your HTC team will help you analyze the activity or sport to identify any possible risks. Then, they will help educate you on how to reduce those risks and maximize the benefits. **Never start a sport or activity without first talking with your health care professional or HTC team.**

# Sports mash-ups



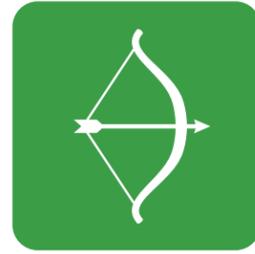
We learned from the HERO (Hemophilia Experiences, Results, and Opportunities) study that many children with hemophilia wish to play high-risk sports. However, some of these sports, like football and ice hockey, are unsafe for people with hemophilia. Activities that involve risks like body contact and speed may end up causing joint and muscle bleeds.

But what if there was a creative way to reduce the risks? On the next few pages are some examples of unsafe sports and some creative ideas to start a discussion between you and your physical therapist. Take a look at how a sport can be created that reduces the risk from an unsafe sport and replaces it with the safer features of another. Then, try to come up with your own mash-up ideas using the sports shown.



### Football

With nearly constant contact and collisions, football can be **unsafe** and presents the risk of bleeds and possible injuries.



### Archery

Shooting with a bow and arrow is considered a **safer** sport. Of course, properly maintained gear and protective armbands are necessary to help prevent injuries.

How might you mash up these sports to reduce the risk?

## How about Big Play Bull's-eye?

#### How to play:

- Mark off 2 end zones with 10-yard marks in between
- Using a foam bow and arrow set, stand in an end zone and shoot the arrow
- Move to wherever it lands
- If your opponent catches the arrow, you don't move; if your opponent swats the arrow away, you move to where the arrow lands
- You have 4 tries to get the arrow into the other end zone and score a touchdown

**Goal:** First person to score 3 touchdowns wins.

#### What's your mash-up idea?

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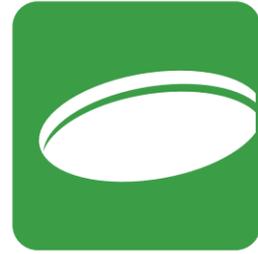
**Remember: Do not start any exercise or sport without first talking with your health care professional or HTC team.**





### Hockey

Collisions are common in ice, street, and other types of hockey. The speed of a puck or ball combined with falling on the ice or ground is **unsafe** and could cause painful injuries.



### Flying disc

Throwing and catching a flying disc is **safer** and involves just a flick of the wrist and maybe some light running.

How might you mash up these sports to reduce the risk?

## How about Ultimate Shootout?

#### How to play:

- This is best played with the use of a soccer net
- Try to toss a rubber or light plastic flying disc into the net
- A goalie will try to defend the goal
- Switch positions after 3 tries

**Goal:** First person to score 3 goals in a row wins.

#### What's your mash-up idea?

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### Lacrosse

Running, collisions, and a high-speed ball raise the risks in lacrosse. Head and neck injuries are also common in this **unsafe** sport.



### Badminton

This backyard sport is a **safer** way to get some light exercise. The skill of the shot is more important than the speed of it.

How might you mash up these sports to reduce the risk?

## How about Sink the Birdie?

#### How to play:

- Set up buckets or draw targets on the ground on the out-of-bounds line
- Lob the birdie back and forth as you would in badminton, but aim for the buckets/targets
- Try to get the birdie into the buckets or onto a target to score points

**Goal:** First person to 5 points wins.



What's your mash-up idea?

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# Now it's your turn!

Use the space below to write the name of a sport you have always wanted to play but is too unsafe. Under that, write the name of a safe sport or activity that you currently play or do. Then, mash them together. Be sure to replace the unsafe features of one of them with the safe features of the other one. When you have your idea, draw a picture of it, come up with a name for it, give instructions about how to play it, and then share it with the group!

UNSAFE

SAFE

# What's your mash-up idea?

Name: \_\_\_\_\_

How to play: \_\_\_\_\_

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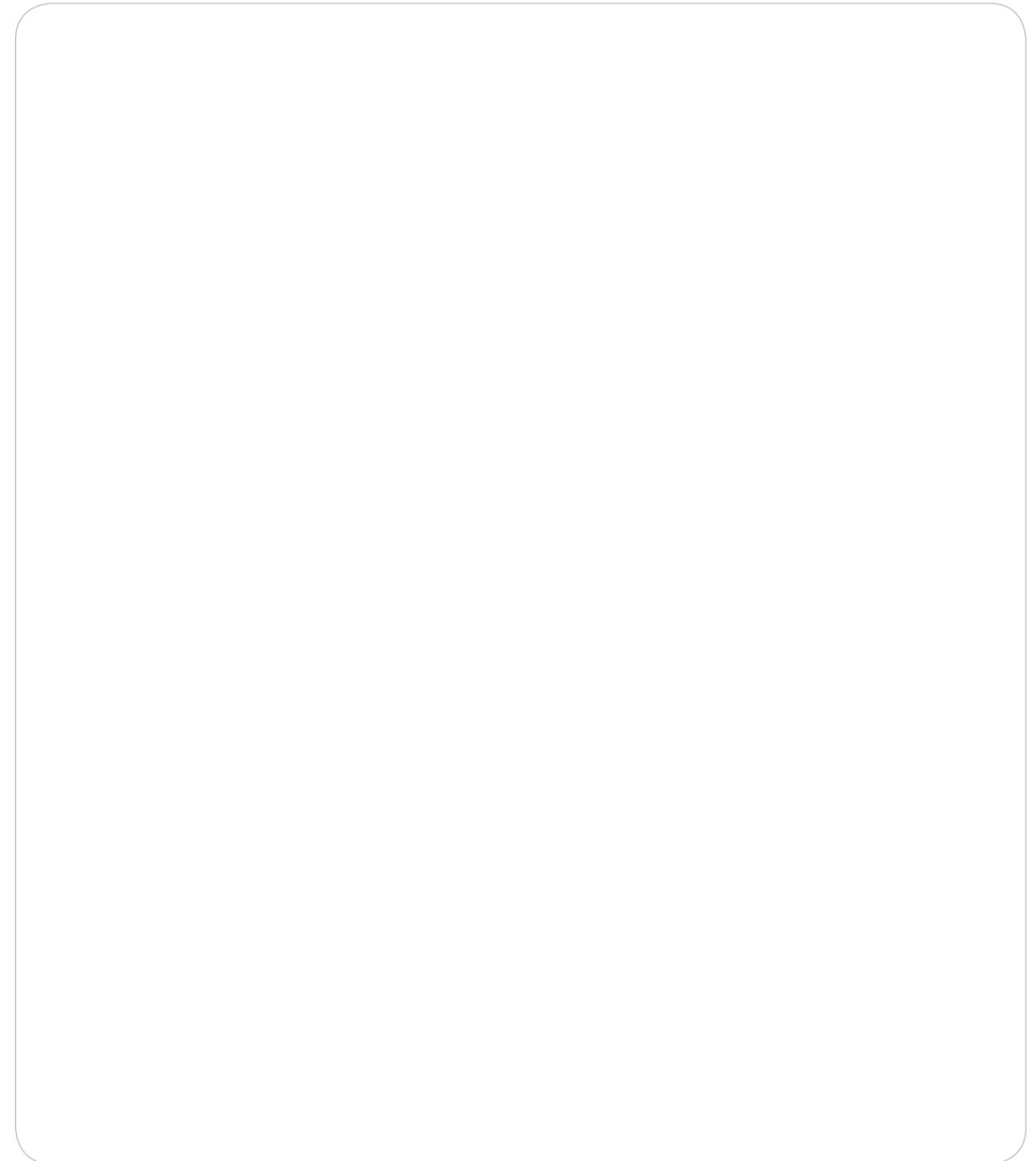
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# Draw your idea here



# Playbooks for sports and physical activities

The resources below are must-reads for anyone with questions about hemophilia and sports. They provide valuable advice about which exercises, physical activities, and sports are safe and healthy for people with bleeding disorders. To make them easier to access, we've turned the URLs into QR codes. If you have a QR scanner app on your smartphone, you can scan the code and go directly to the Web page or booklet.



## *Playing It Safe: Bleeding Disorders, Sports and Exercise*

This booklet from the National Hemophilia Foundation is full of information about playing sports and keeping fit. It details information about activities at different life stages, lists of safe and unsafe sports, and even stretching diagrams.

[Hemophilia.org/NHFWeb/Resource/StaticPages/menu0/menu2/menu35/menu204/PlayingItSafe.pdf](http://Hemophilia.org/NHFWeb/Resource/StaticPages/menu0/menu2/menu35/menu204/PlayingItSafe.pdf)



## *The Hemophilia, von Willebrand Disease & Platelet Disorders Handbook*

This online handbook from Hemophilia of Georgia is a handy guide to living with hemophilia. The "Sports and Recreation" section has advice for both children and adults about the best sports to choose for their condition.

[Hog.org/handbook/section/5/sports-and-recreation](http://Hog.org/handbook/section/5/sports-and-recreation)



## Exercise sheets

This quick guide from Changing Possibilities in Hemophilia® was created to help people strengthen their joints. It includes diagrams and descriptions about specific ankle, elbow, and knee exercises.

[ChangingPossibilities-US.com/assets/docs/Exercise\\_Sheets.pdf](http://ChangingPossibilities-US.com/assets/docs/Exercise_Sheets.pdf)

**Remember: Do not start any exercise or sport without first talking with your health care professional or HTC team. If a bleed occurs, stop exercising or playing right away and start appropriate treatment.**

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