

Introducing Kidney Beam for all kidney patients

Have you heard about Kidney Beam?

Kidney Beam is a new online resource that offers exercise, education and wellbeing programs specifically for people living with kidney disease.

It has been developed because we know how important physical activity is for your physical and emotional health, and because we also know how hard it can be to get motivated and feel safe when you exercise.

On Kidney Beam you can watch videos or attend live group classes led by specialist health professionals and exercise instructors. There is something for everyone, it doesn't matter if you are on dialysis or are post-transplant; or if you need a seated class or want something high intensity.

On Kidney Beam you can find a variety of instructors and exercise classes.

Best of all it is **FREE** and you can sign up today!

To get started, visit www.beamfeelgood.com and click 'Get started' in the top right of the page.

Further questions? Contact your renal dietitian on 01274 36 5628 or

renal.dietitians@bthft.nhs.uk

