

## Chapter 26: Lifestyle

**26: We recommend that patients are strongly encouraged to follow a healthy lifestyle, with exercise, proper diet, and weight reduction as needed. (1C) (See also Obesity, Recommendation 16.4.1.)**

- There is no reason not to believe that a proper diet can help prevent CVD and other complications in KTRs as in the general population.
- There is little harm associated with exercise, a proper diet and weight reduction; therefore, any benefit is likely to outweigh harm.

### Rationale

- There are abundant data from the general population that a lifestyle that includes exercise, a proper diet and avoidance of obesity improves longevity and quality of life.
- Although there is only one small RCT in KTRs, there is no reason to believe that exercise is not as beneficial in KTRs as in the general population.

Data from RCTs in the general population suggest that exercise, proper diet and weight reduction (in obese patients) improve longevity, quality of life and other major health outcomes. In a RCT involving 100 KTRs, the group randomly allocated to receive regular telephone counseling on exercise had a greater exercise tolerance at 1 year after transplantation compared to the control group that did not receive counseling (603). This study did not have adequate statistical power to examine major CVD outcomes.