



HMG

HOLSTON MEDICAL GROUP

NEPHROLOGY

Some ways you can personalize your kidney care include:

01



Partnering with your health care team to create a treatment plan that fits your lifestyle, mobility, health status, and dietary needs.

02



Building a healthy meal plan with foods and beverages you enjoy.

03



Picking physical activities you can stick to—aim for at least 30 minutes of activity each day.

04



Maintaining a healthy weight—if you are overweight, losing even small amounts of weight can help to relieve strain on your heart and kidneys.

05



Developing a sleep routine that allows you to get 7 to 8 hours of sleep a night.

06



Taking steps to quit smoking and limit alcohol.

07



Staying up to date on recommended vaccines, including COVID-19 and the flu.



National Institute of
Diabetes and Digestive
and Kidney Diseases