



Zebras, Fit for Life – Session 2 of 3

Thursday, August 19, 2021

DISCLAIMER

Immune Deficiency Foundation (IDF) education events offer a wide array of educational presentations, including presentations developed by healthcare and life management professionals invited to serve as presenters. The views and opinions expressed by guest speakers do not necessarily reflect the views and opinions of IDF.

The information presented during this event is not medical advice, nor is it intended to be a substitute for medical advice, diagnosis or treatment. Always seek the advice of a physician or other qualified health provider with questions concerning a medical condition. Never disregard professional medical advice, or delay seeking it based on information presented during the event.



WELCOME!





IDF MISSION

Improving the diagnosis, treatment, and quality of life of people affected by primary immunodeficiency through fostering a community empowered by advocacy, education, and research.



IDF VISION

IDF seeks to ensure that everyone in the U.S. affected by PI has a fully informed understanding of:

- the PI diagnosis that affects them
- all available treatment options
- the expected standard of care
- all of their opportunities for connection and support within the PI community

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UPCOMING EVENTS

ONGOING Nationwide: IDF Get Connected Groups

**Lunch & Learn: Navigating HSCT/BMT During
COVID-19 and Beyond**
August 25, 2021

**Flu Season: What Does the PI Community Need
to Know?**
August 26, 2021

Zebras, Fit for Life
Session 3
September 2, 2021

For more information or to register:
www.primaryimmune.org/events

A top-down view of a wooden surface with various baking ingredients and tools. In the foreground, a wooden bowl is filled with white flour, with a wooden spoon resting inside. To the right of the bowl, several sticks of butter are arranged. Below the flour bowl, a wooden rolling pin lies horizontally. In the bottom right corner, a small white bowl contains a cracked egg with a bright yellow yolk. A metal whisk is also visible in the bottom right. A blue and white checkered cloth is draped across the lower left and bottom of the frame. In the top left, a white bowl contains white granulated sugar. A semi-transparent blue rectangle with white text is overlaid on the right side of the image.

JOIN US FOR BAKING NIGHT

SEPTEMBER 22 AT 7 PM ET

PRIMARYIMMUNE.ORG/EVENTS



IDF Walk for PI

#ZEBRASTRONG



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A photograph of a herd of zebras in a savanna. In the foreground, a white zebra with faint, light brown stripes stands facing the camera. Behind it, several other zebras with dark brown and black stripes are visible, some looking towards the camera and others looking away. The background is a lush green savanna with trees and bushes.

Fit to be Zebras!

Linda Csize PT, DSc

Board Certified Neurologic Clinical Specialist

Diagnosis: CVID

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Virtual Physical Activity Class for Zebras!

Warm-up

Strengthen

Balance

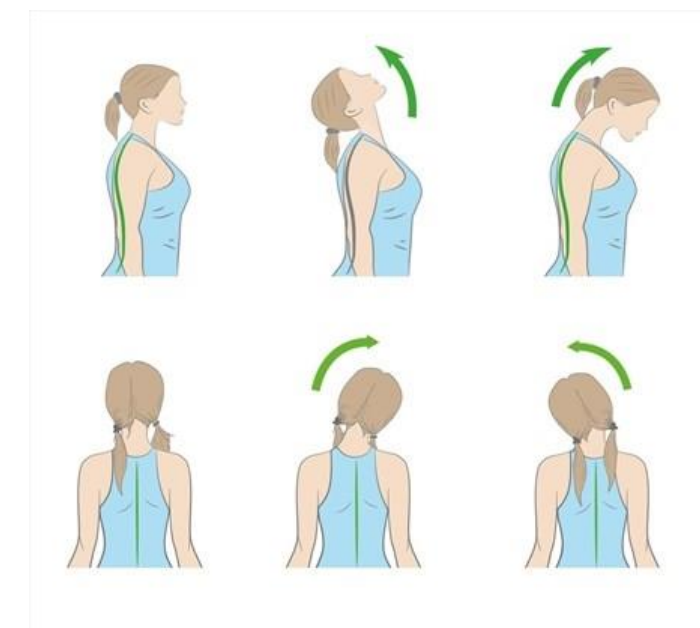
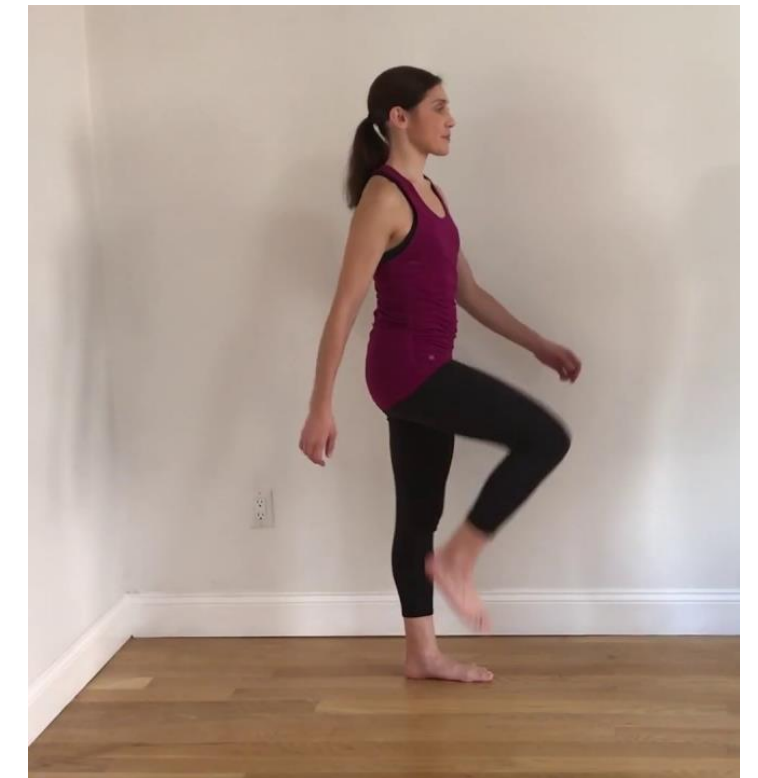
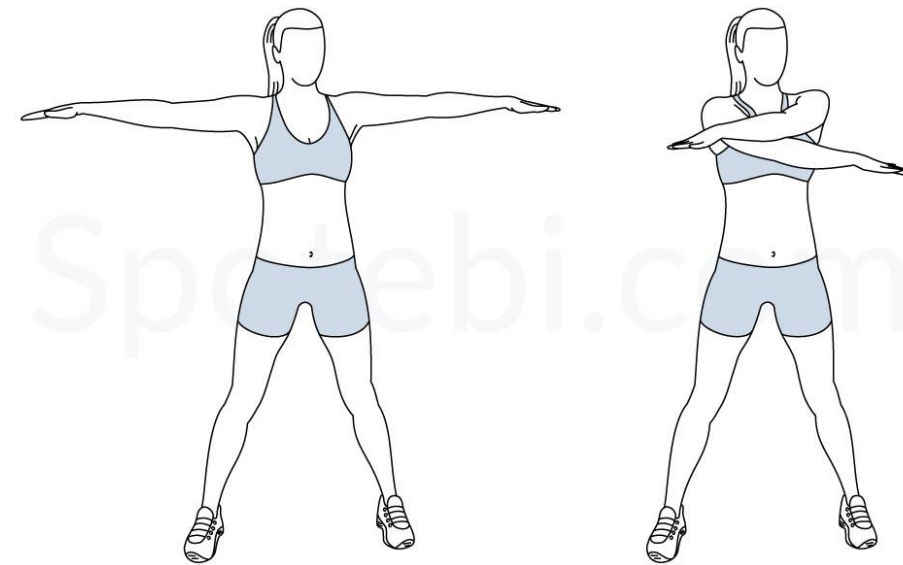
Aerobic/endurance

Stretch

Cool Down

Warm Up

- Standing
 - Rotate arms and trunk gently right and left, allow arms to swing-10x
 - Stretch arms up and over head, gently-5x
 - With arms by your sides, slide your arm down your right leg, come back and repeat left 3x each side
 - March in place 10x
 - Look up and down gently 4x
 - Look right and left gently 4x

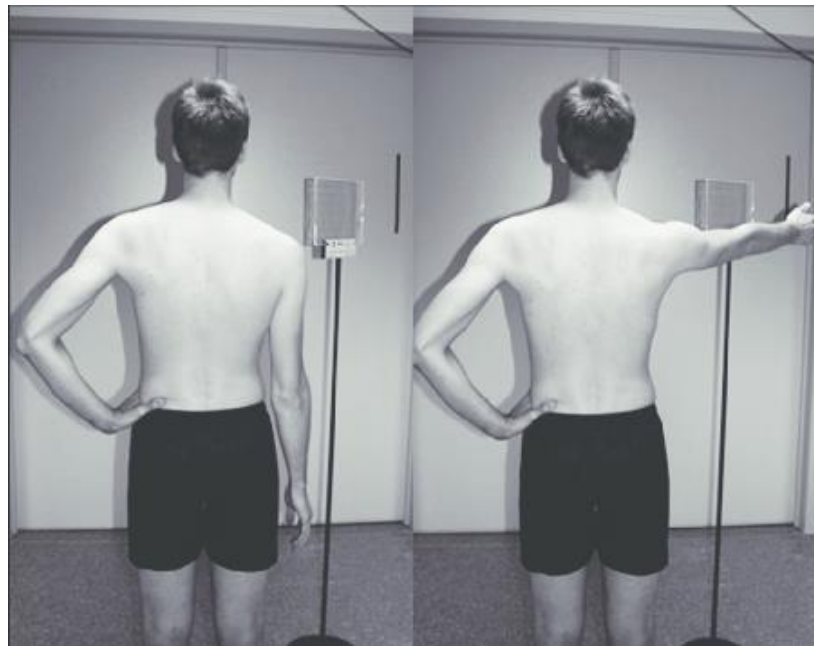


Strengthen arms

From sitting or standing

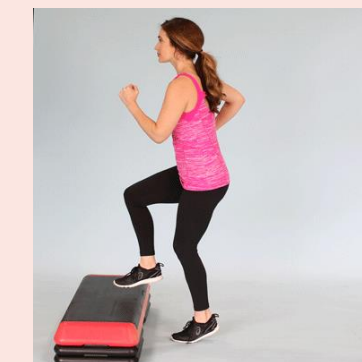
Hold 16 oz can in each hand

- Palms up, bend and straighten elbows-8x
- Elbows bent 90 degrees, elbow touching trunk, rotate hand in to stomach then back out away from body-4x. Do right arm then left arm
- **Without cans:** lift arm with straight elbow up to shoulder height-4x. Do right arm then left arm.
- Hands fisted (or holding cans) on shoulders, straighten arms up over head, bring back to start
- Sitting on chair with no arms, lean forward, place left arm on left thigh, straighten right arm behind you, then bend arm, repeat 4x. Switch arms.



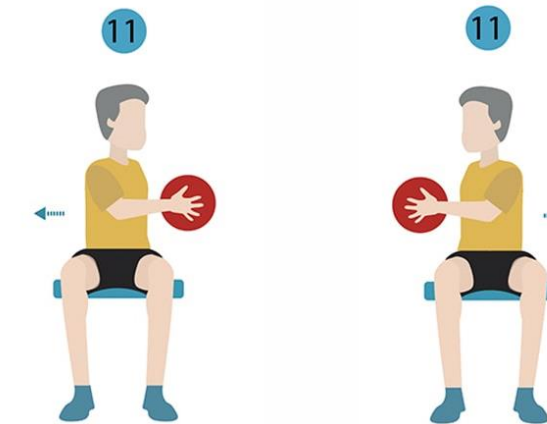
Strengthen legs

- Sit to stand 5x
- Step touch 5x
- Side-step 5x right and 5x left
- Standing side leg lifts



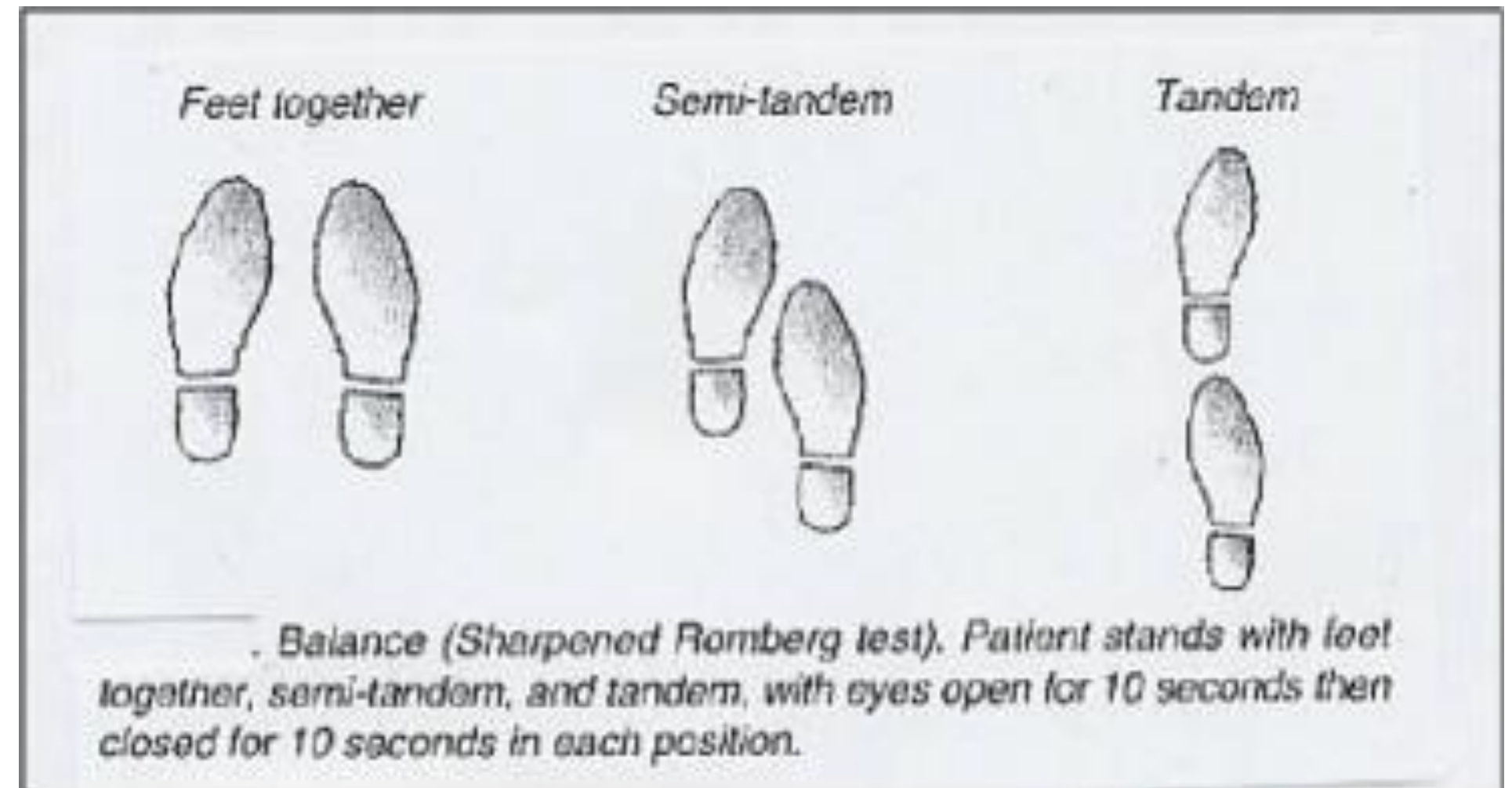
Strengthen

- Abdominals
 - Sit in chair, hold onto chair seat, lift right leg then left leg.
Repeat 6x.
 - Hold can in hands, rotate right and left 4x.
 - Scoot forward from the back of the chair. Extend right leg, hold for 2 secs, relax, extend left leg, hold for 2 secs, relax.
 - Slump in chair, sit up tall, do 4x



Balance

- Feet together
 - Eyes open 30 secs
 - Eyes closed 30 secs
- One foot in front of the other
 - Eyes open 30 secs
 - Eyes closed 30 secs
- Step forward/back: stand on right foot-step forward then back 4x
 - Repeat standing on left foot



Stretch

- Sitting
 - One arm on the armrest, stretch arm up and over to opposite side, hold 3 secs. Repeat other arm. Do 2 x
 - Bend forward in the chair, reach for your toes, hold 5 secs, repeat 2x
 - Rotate trunk as far as you can right-look behind, repeat left. Do 2x
 - Head/neck: sit up straight and tall first
 - look down (chin to chest)
 - Look up gently
 - Look right gently
 - Look left gently
 - Shrug shoulders up
 - Repeat all 2x
 - Put legs on leg rest or table with straight knees, gently lean forward
 - Or have one leg down on floor and stretch on leg at a time
 - Hold 3-5 secs, do 2x



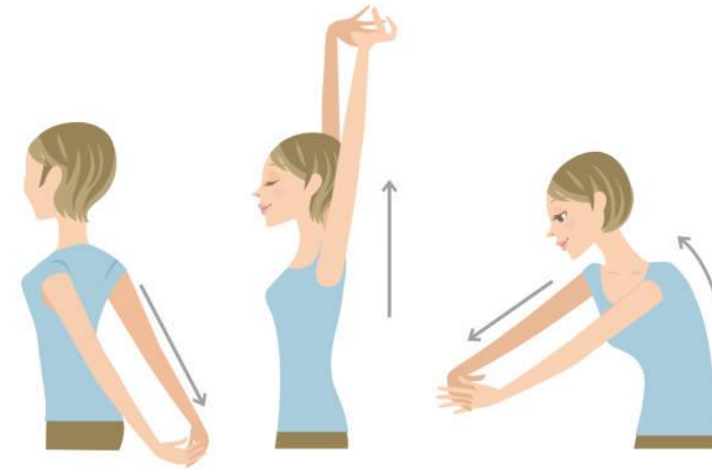
Seated Trunk Rotation



Stretch

- Arms

- Lace fingers together, reach forward with hands. Hold 2 secs, repeat 2x
- Clasp hands behind back, gently pull back, hold 2 secs, repeat 2x
- Right arm across body hold 2 secs, repeat 2x. Repeat with left arm
- Hands in prayer position, hold 5 secs, repeat 2x.



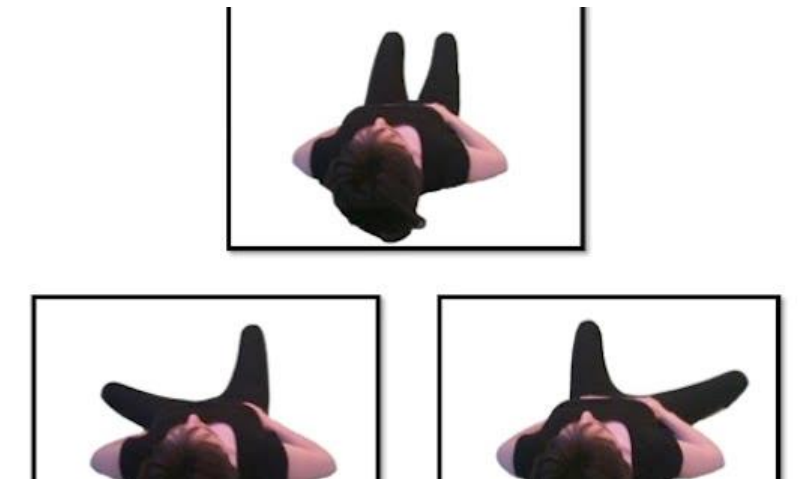
- Legs

- Stand with hands on wall, one foot slightly in front of other, bend front knee. Hold 5 secs, repeat 2x.
- Sit in chair, put right foot on left knee, let gravity pull knee down. Hold 5 secs, repeat with other leg.



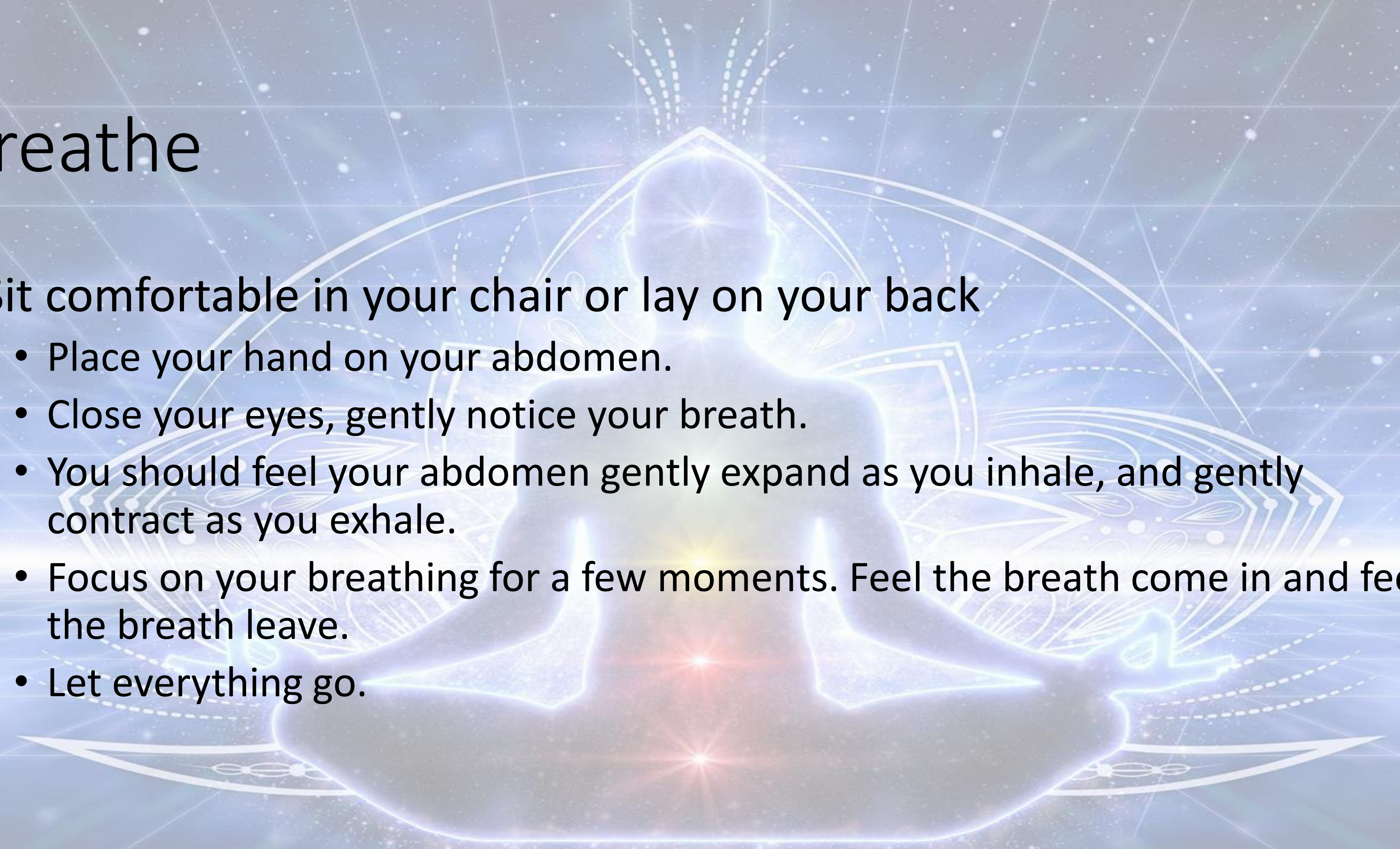
Stretch

- On the floor or bed
 - Get on hands and knees: push back up to ceiling (camel), then let back sag to the floor (cat). Do this 2x.
 - From hands and knees, rock back onto legs, hold 5 secs, repeat 2x
 - On back: pull knees into chest, hold for 5 secs, repeat 2x.
 - On back with knees bent, feet together, drop knees out to side, hold 5 secs, repeat 2x.
 - Sit with legs straight, lean forward, hold 4 secs, repeat 2x.



Breathe

- Sit comfortable in your chair or lay on your back
 - Place your hand on your abdomen.
 - Close your eyes, gently notice your breath.
 - You should feel your abdomen gently expand as you inhale, and gently contract as you exhale.
 - Focus on your breathing for a few moments. Feel the breath come in and feel the breath leave.
 - Let everything go.



**THANK YOU,
LINDA CSIZA, PT, DSc**





**Q&A SESSION:
YOUR QUESTIONS ANSWERED**

THANK YOU!

Linda Cszia, PT, DsC

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