














# Takeda Games Challenge Calendar July-August 2021

**Stay safe!** Make sure you follow advice from your healthcare professional and read these tips before you start the Takeda Games Challenge. It is important to consider the severity of your disease, as well as your comfort level. People with more severe bleeding disorders may have to modify the challenges to match their capabilities.<sup>3</sup>

- Perform the activities at your own pace – slow and steady is fine!
- Never ignore pain. If an exercise is painful, stop immediately.
- The timings are a guideline. Do what you can manage, whether less or more! It takes time to build your strength.
- Think about the risks before you start and make sure you have appropriate support.

<b>JULY 17</b>  Take a walk or hike for 20 minutes.	<b>JULY 18</b>  Meditate for 5 minutes.	<b>JULY 19</b>  Spend 15 minutes outside.	<b>JULY 20</b> Sit on a chair with feet flat on the ground. Lift your toes and hold, then relax, repeating if comfortable. <sup>1</sup>	<b>JULY 21</b>  Put on your favorite song and dance along!	<b>JULY 22</b>  Write down 3 things you could do more often to improve your day-to-day health.
<b>JULY 23</b>  Bend and straighten each elbow 20 times.	<b>JULY 24</b>  Take a walk or hike for 25 minutes.	<b>JULY 25</b>  Spend 5 minutes focusing on your breathing.	<b>JULY 26</b> Do a short, beginners YouTube yoga session. Make sure it's appropriate for your ability!	<b>JULY 27</b> Write down any worries you have about your health and well-being. Share them with a friend, family member, or healthcare professional.	<b>JULY 28</b> Try standing on one leg for up to 30 seconds. Stand near a wall for support if needed. <sup>1</sup>
<b>JULY 29</b>  Take a moment for gratitude! Write down 3 things you are grateful for.	<b>JULY 30</b> Try something new such as cooking a new recipe or reading a new book.	<b>JULY 31</b>  Take a walk or hike for 30 minutes.	<b>AUGUST 1</b>  Write down 5 things you appreciate about your body.	<b>AUGUST 2</b> Try some strength work! If comfortable, try to do 10 calf raises: stand up, push up onto your toes, hold, then lower your heels and repeat. <sup>1</sup>	<b>AUGUST 3</b>  Write down 5 things that make you happy.
<b>AUGUST 4</b> If available to you, try out a new low-risk activity such as hiking, golfing or swimming. <sup>3</sup>	<b>AUGUST 5</b> Spread kindness! Tell someone 3 things you like and/or appreciate about them.	<b>AUGUST 6</b> Sitting on a chair, try and raise one leg straight in front of you. Repeat several times for each leg if comfortable. <sup>1</sup>	<b>AUGUST 7</b> Get outside! Spend some time gardening, walking, or deep breathing in the outdoors.	<b>AUGUST 8</b>  Connection is important for our mental health. Pick up the phone and call a friend!	

*The Takeda Games challenge is initiated, organized and funded by Takeda. Intended for a global audience (outside of the UK).*

## References:

1. Kathy Mulder. (2006). Exercises for people with hemophilia. World Federation of Hemophilia. <http://www1.wfh.org/publications/files/pdf/1302.pdf> 2. Steps for Living. (2017, May 16). Physical Activity. <https://stepsforliving.hemophilia.org/next-step/maintaining-a-healthy-body/physical-activity> 3. Srivastava A, et al. WFH Guidelines for the Management of Hemophilia, 3rd edition. Haemophilia 2020; 26(Suppl 6):1-158.