

Muscle MATTERS

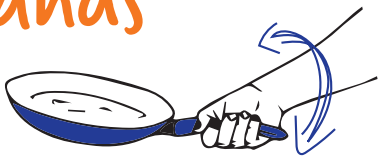
Word to the wise:
Check with your doctor before starting any exercise regimen.

These are only suggestions. You should always consult your physician or other healthcare provider before starting an exercise program.

Rest is key.
Give your muscles a day or two to recover before working them again.

Cystine buildup in muscles may lead to muscle-wasting. Fortunately, treatment and exercise can help keep muscles intact. Here are a few simple exercises you can do at home. *Try each of these for 3-5 sets.*

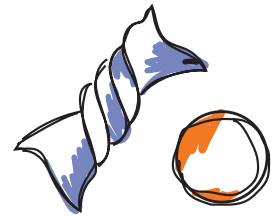
Hands



Hold a pan and rotate your wrist around as if you're dumping what's in the pan onto a dish.



Pinch a book between your thumb and first 2 fingers. Dangle it for 30 seconds.



Roll up a towel and wring it out for 30 seconds. Crush a stress ball in your hand and squeeze it for 20 seconds.

Arms

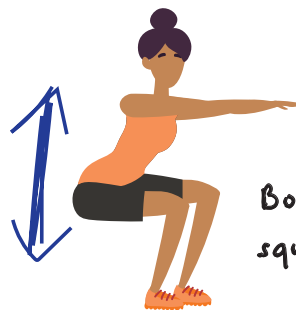
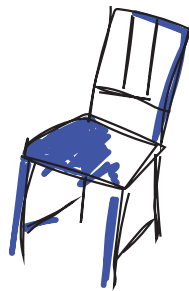
Tricep dips on the floor... or with a chair for an extra challenge.



Arm curls with cans or exercise bands

Legs

Step up on a chair, then switch legs.



Bodyweight squats



Lunges

Extra challenge: Use exercise bands or light weights if you have them. Or, hold cans or water bottles for more resistance.