



WHY SIT OUT?

This leaflet has been initiated, developed and is provided
as an educational service to medicine by CSL Behring

whysitout.co.uk

For young people with haemophilia





Why Sit It Out?

Nobody with haemophilia should sit on the sidelines.

It might mean you need to be aware of the risks. It might mean you need to think twice about some full contact sports. It might even mean you have to keep friends and family in the loop.

But it shouldn't mean not taking part. In this booklet you'll find ideas for finding an activity that's the right fit for you and stories from young men who've overcome their own challenges.

Because exercise and sport can kickstart a healthy, happy life – one full of opportunities to make new friends, learn new skills and manage your physical fitness.

Warming-up and cooling-down

Doing a warm-up and cool-down routine is essential for any physical activity, but is particularly important for people with bleeding disorders. Warming-up prepares your body for exercise and helps reduce the risk of injury, while cooling-down helps your body recover from exercise and safely lowers your heart rate.

This way, you can be active with confidence, and you don't have to sit it out.





Warming-up

Prepare for your activity by warming-up.

Before you warm-up:

- Speak to your bleeding disorder physiotherapist to ensure a warm-up routine is safe for you
- Pick a space with enough room to roll out an exercise mat on the floor
- Make sure you have eaten within the last couple of hours
- Have some water nearby

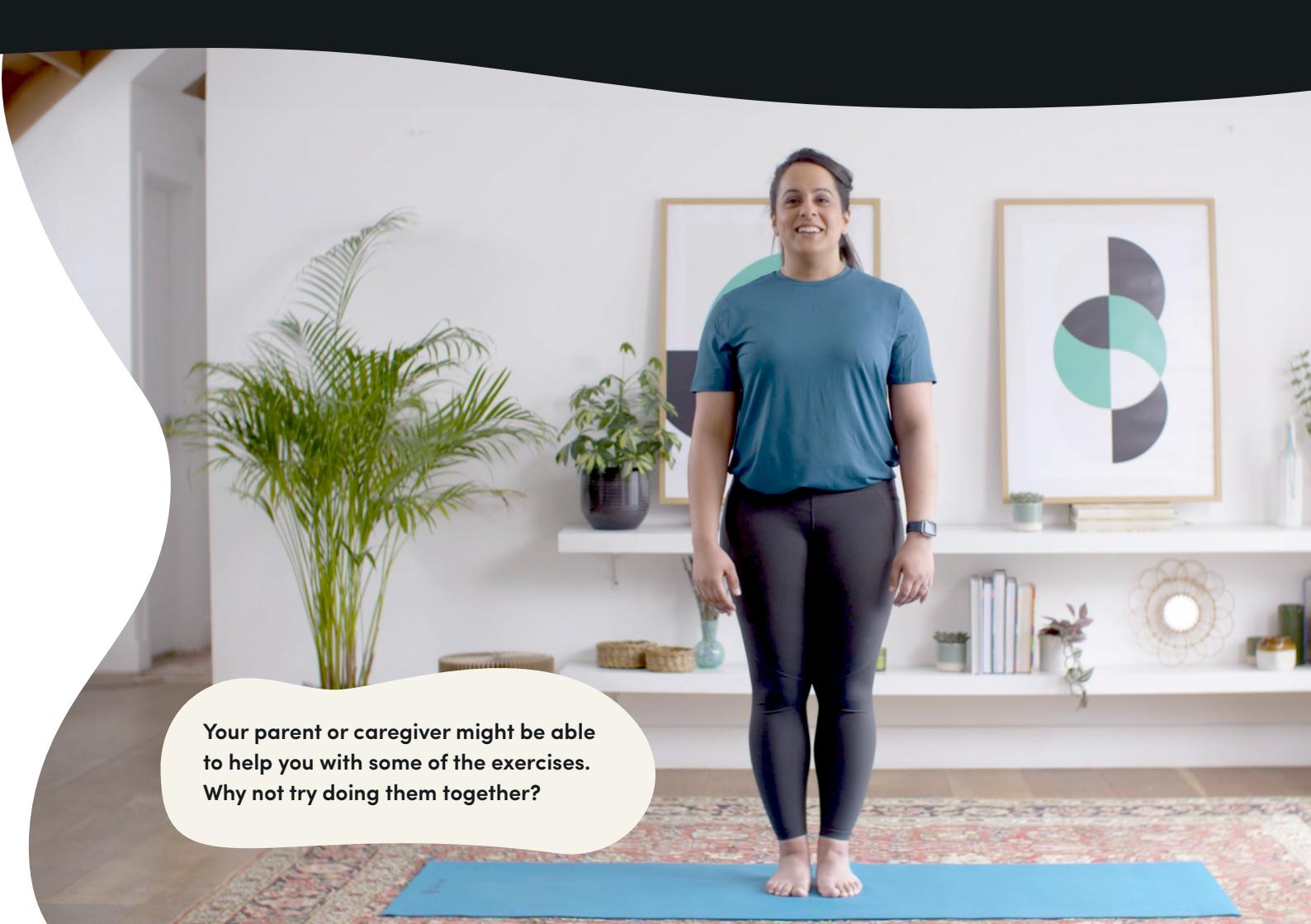
Important:

If you feel dizzy or faint, or experience sharp or sudden pain, please stop and seek advice from your bleeding disorder care team.



Scan the QR code or visit the link below to view a full warm-up routine tailored for people with bleeding disorders of all ages. This video has been produced in collaboration with specialist physiotherapist, Zamira.

<https://whysitout.co.uk/warm-up-and-cool-down-routines/>



Your parent or caregiver might be able
to help you with some of the exercises.
Why not try doing them together?



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Cooling-down

End your activity safely by cooling-down.

Before you carry out your cool-down routine, check in with your bleeding disorder physiotherapist. They will help you understand what is normal for you and how some of the exercises in a cool-down routine might make you feel.

As you carry out your cool-down routine, ask yourself:

- How am I feeling?
- Are there any muscles or joints that feel strange or different?
- Is there anything I need to make my bleeding disorder care team aware of?

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Activity is good for everyone

Exercise and sport can kickstart a healthy, happy life. Being active is good for your body and mind.¹

Body¹

- Builds muscle strength and everyday fitness²
- Supports joint health – reduces bleeds, increases joint movement and slows the progress of arthritic joints
- Improves flexibility and balance, reducing the risk of injury
- Helps maintain a healthy weight, which is good for joints and helps prevent obesity and diabetes²
- Helps build bone density, which is sometimes poor in people with haemophilia²



¹ Negrier C et al. Haemophilia. 2013; 19;487-498

² WFH Guidelines for the Management of Hemophilia, 3rd edition. 2020

Mind¹

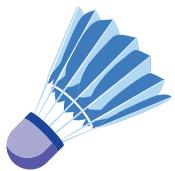
- Gives you opportunities to meet new people and work in a team
- Helps you feel involved and included, which is good for confidence
- Helps build self-esteem and confidence
- Can improve your general quality of life



Don't sit it out – get involved

Whether you're a sporty person or not, there will be an activity to suit you. It doesn't need to be a traditional team game – even walking the dog or riding your bike will get your heart rate going.





Activities to try

You probably already know that you need to avoid anything that involves too much contact. But there's a huge range of activities that may be ok to try, like¹:

- Swimming
- Cycling
- Golf
- Rowing
- Badminton
- Table tennis
- Archery
- Sailing

Always check with your haemophilia care team before you start something new. They can also help you if you have any questions or worries after you've got started with your sport.

Activities that are NOT recommended

There are some activities that aren't recommended. This is either because they're full contact sports, or activities that could result in serious injury¹. These activities include:

- Rugby
- Boxing
- Hockey
- Wrestling

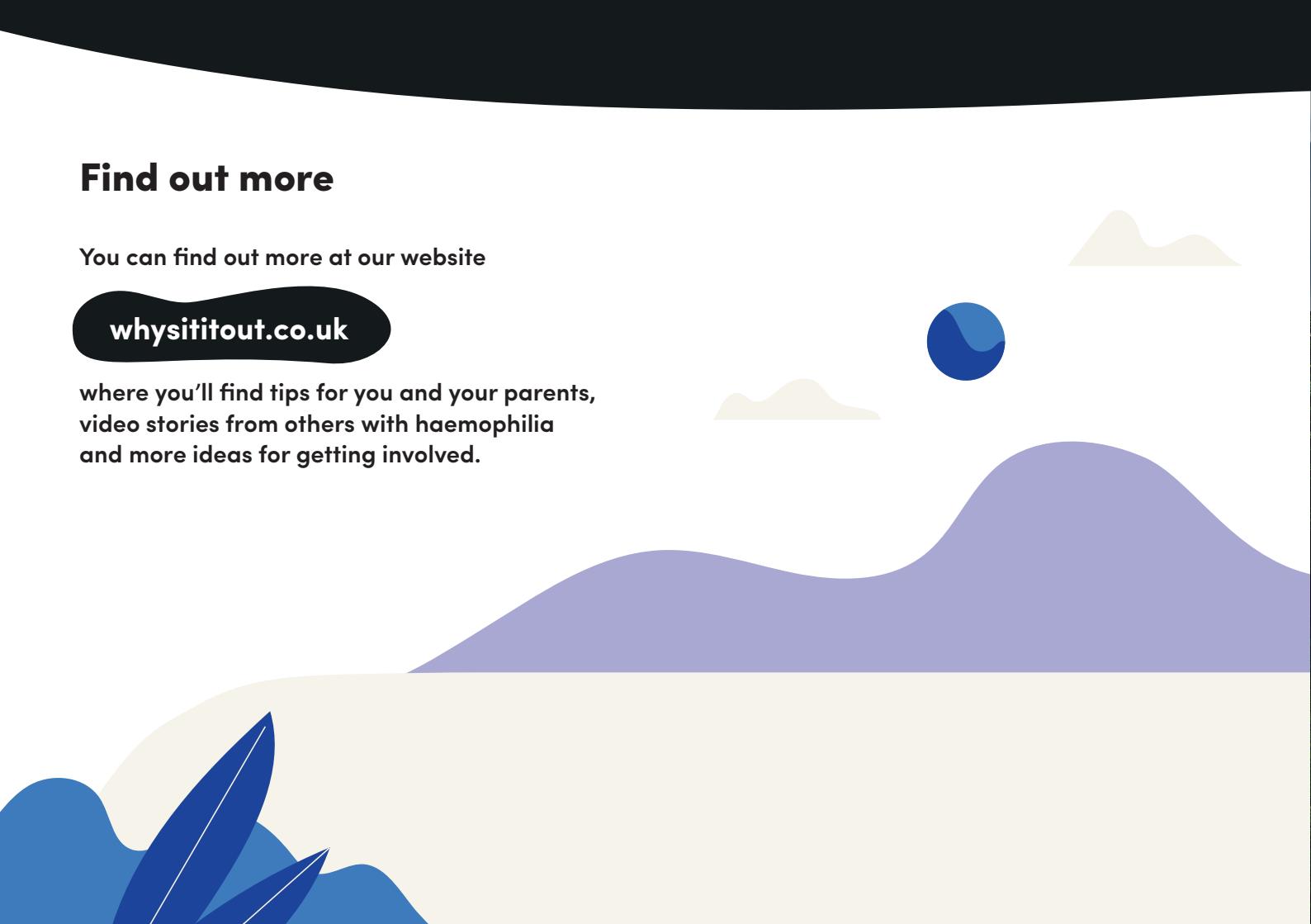
¹WFH Guidelines for the Management of Hemophilia, 3rd edition. 2020

Find out more

You can find out more at our website

whysitout.co.uk

where you'll find tips for you and your parents, video stories from others with haemophilia and more ideas for getting involved.





About the *Why Sit It Out?* Campaign

Why Sit It Out? is an educational campaign initiated and funded by global biotherapeutics leader CSL Behring, to raise awareness of the benefits of exercise for those living with haemophilia and encourage children to take part in sports at home and in school. It seeks to inform those living with haemophilia, and their parents, teachers and sports coaches about the condition and educate about the latest recommendations around exercise and why children with haemophilia don't need to sit it out when it comes to physical activity.

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Before starting any new sport or activity always seek advice from your haemophilia care team.

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