



# PLAYING IT SAFE



**NATIONAL HEMOPHILIA FOUNDATION**  
for all bleeding disorders

## BLEEDING DISORDERS, SPORTS AND EXERCISE

### Why People with Bleeding Disorders Should Participate in Physical Activity



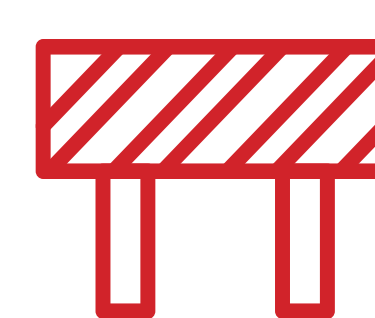
#### IMPROVED

Cardiovascular fitness | Muscular fitness  
| Bone health | Body composition/  
healthy weight | Cognitive function  
| Academic performance | Sleep  
| Self-esteem, self-confidence | Energy



#### REDUCED

Feelings of anxiety and  
depression | Weight  
| Fatigue



#### LOWER RISK OF

Spontaneous joint bleeds  
| Heart disease | Stroke |  
High blood pressure | Type  
2 diabetes | Colon cancer

### About the Ratings

These are not recommendations. The ratings are intended for informational purposes only. The ratings were developed by a team of physical therapists, and contain general information. The risk of participation in a specific activity will vary, depending on how you choose to play. In the table that follows, activities are rated on a scale from 1 to 3.

**Table of Activity Ratings**

Activity	Category
Aquatics	1
Archery	1
Baseball	1.5-2.5
Basketball	1.5-2.5
Bicycling	1.5-3
BMX Racing	3
Body Sculpting Class	1.5
Boot Camp Workout Class	2
Bounce Houses	2.5-3
Bowling	2
Boxing	3
Canoeing	1.5-2.5
Cardio Kickboxing Class	2
Cheerleading	1.5-2.5
Circuit Training	1.5
Dance	1-3
Diving, Competitive	2-3
Diving, Recreational	2
Elliptical Machine (Training Equipment)	1
Fishing	1-2
Football, Flag or Touch	2
Football, Tackle	3
Frisbee®	1-1.5
Frisbee®, Golf	1.5-2
Frisbee®, Ultimate	2-2.5
Golf	1
Gymnastics	2-3
High Intensity Functional Training (Incl. CrossFit®) Class	2-3
Hiking	1-1.5
Hockey, Field/Ice/Street	2.5-3
Horseback Riding	1.5-2.5
Indoor Cycling Class	1.5-2
Jet-Ski® (Personal Watercraft, PWC)	2-3
Jumping Rope	2
Kayaking	1.5-2.5
Lacrosse	3
Martial Arts, Tai Chi	1
Martial Arts, Traditional and Mixed	2-3
Motorcycle/Motocross (ATV, Dirt Bikes)	3

Activity	Category
Mountain Biking	2.5
Pilates	1.5-2
Power Lifting	3
Racquetball	2.5
River Rafting	2
Rock Climbing, Indoor or Challenge/Ropes Course	1.5-2
Rock Climbing, Outdoor	2-3
Rodeo	3
Rowing	1.5
Rowing Machine (Training Equipment)	1.5
Rugby	3
Running/Jogging	2
Scooters, Motorized	2-2.5
Scooters, Nonmotorized	1.5-2.5
Scuba Diving	2-2.5
Skateboarding	1.5-2.5
Skating, Ice	1.5-2.5
Skating, Inline and Roller	1.5-2.5
Skiing, Cross-Country	2
Skiing, Downhill	2.5
Skiing, Water	2-2.5
Ski Machine (Training Equipment)	1.5
Snorkeling	1
Snowboarding	2.5
Snowmobiling	3
Soccer	2-3
Softball	1.5-2.5
Stationary Bike (Training Equipment)	1
Stepper (Training Equipment)	1-1.5
Strength Training/ Resistance Training/Weight Lifting	1.5
Surfing	2-2.5
Swimming	1
Tee-Ball	1.5
Tennis	2
Track and Field	2-2.5
Trampoline	2.5-3
Treadmill (Training Equipment)	1.5
Volleyball	2-2.5
Walking	1
Water Polo	2.5
Wrestling	3
Yoga	1.5-2
Zumba® Class	1.5-2

**FOR MORE INFORMATION**  
VISIT [stepsforliving.hemophilia.org](http://stepsforliving.hemophilia.org)  
CALL 800.42.HANDI  
EMAIL [handi@hemophilia.org](mailto:handi@hemophilia.org)

**Stay Safe!** Make an activity plan with your healthcare provider, especially if you are considering an activity with a rating of 2.5 or 3. In general, time your treatment soon before participation in physical activity, so that your factor level is higher. Report any injury to your healthcare provider.