

A young man is sitting in a locker room, wearing a white cricket shirt, white trousers, and a blue cricket helmet with a metal face guard. He is also wearing white cricket gloves and leg pads. He is holding a cricket bat across his lap. The background shows a locker room with white shirts hanging on a rack. The text "WHY SIT OUT?" is overlaid in a large, white, brush-stroke font across the center of the image.

# WHY SIT OUT?

[whysitout.co.uk](http://whysitout.co.uk)

For young people with haemophilia



PAUL AGE 17

"I WON'T LET  
HAEMOPHILIA  
DEFINE ME.

I'm the equal of all my teammates  
and any of my opposition."

Paul, 17

When Paul saw his older brother practising in the nets as a child, he knew cricket was what he wanted to do. Fast-forward more than a decade, and a seventeen-year-old Paul is a high performing player for his county... who happens to have severe haemophilia A.



Joshua is 12 years old, and has severe haemophilia A.  
He has fulfilled his ambition to

**MASTER RIDING A BIKE.**



## 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.



*"In the past, as healthcare professionals, we tried to get people to avoid sport because we thought it was dangerous... now we've had a complete rethink – participating improves your muscle strength, makes you fitter and helps with all of those other health issues around obesity and heart disease."*

Dr Kate Khair, consultant nurse



Thirteen-year-old Ishmael has severe haemophilia B.

**HE'S HUGELY  
PASSIONATE  
ABOUT CLIMBING,**

which he first discovered at a local club.

## Activity is good for everyone

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

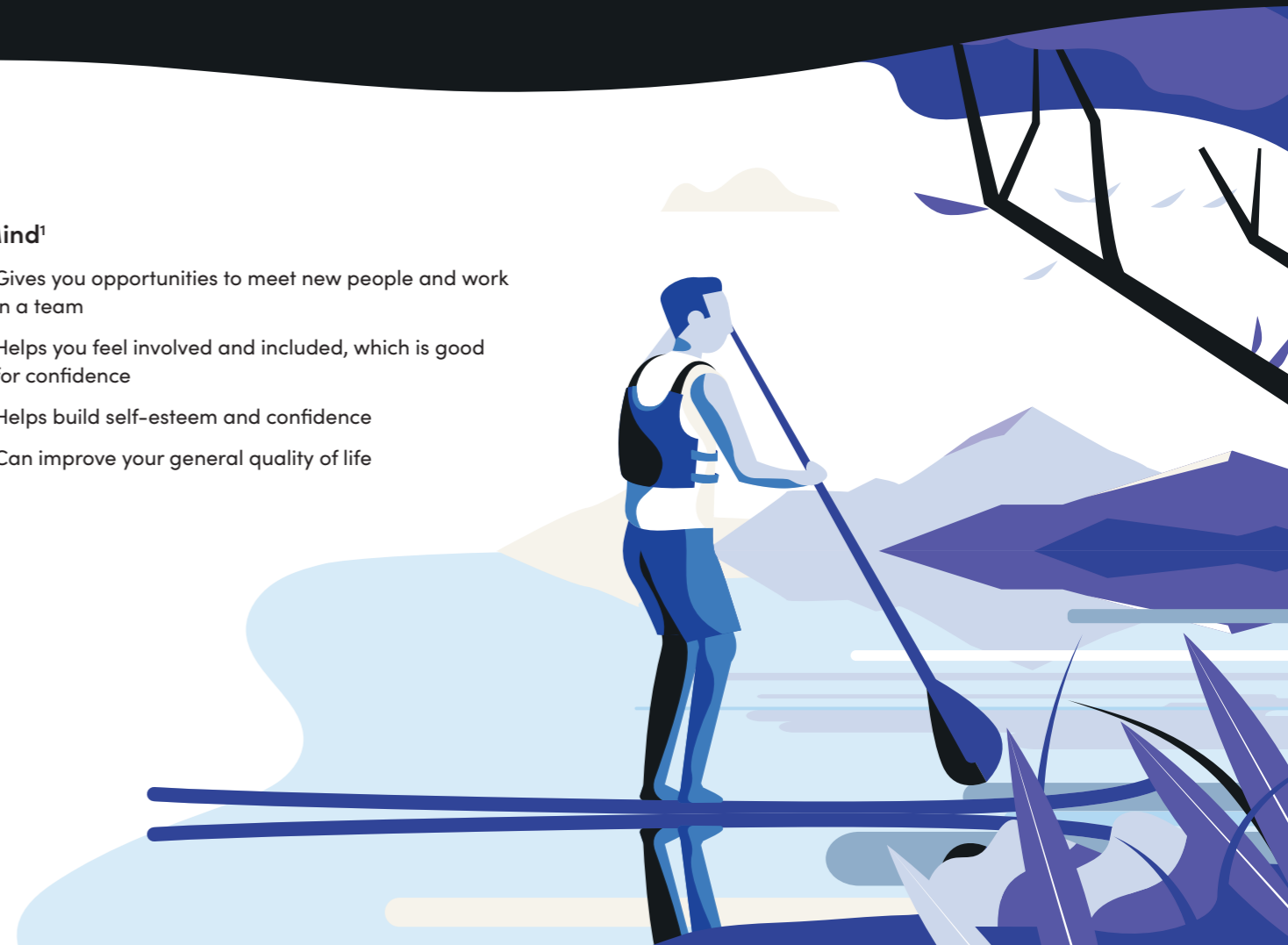
### Body<sup>1</sup>

- Builds muscle strength and everyday fitness<sup>2</sup>
- 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 diabetes<sup>2</sup>
- Helps build bone density, which is sometimes poor in people with haemophilia<sup>2</sup>



### Mind<sup>1</sup>

- 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



<sup>1</sup> Negrier C et al. Haemophilia. 2013. 19;487-498

<sup>2</sup> WFH Guidelines for the Management of Hemophilia, 3rd edition. 2020

## 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, like<sup>1</sup>:

- 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 injury<sup>1</sup>. These activities include:

- Rugby
- Boxing
- Hockey
- Wrestling



<sup>1</sup> WFH Guidelines for the Management of Hemophilia, 3rd edition. 2020

## Find out more

You can find out more at our website

[whysititout.co.uk](https://whysititout.co.uk)

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



From left to right:  
HENRY AGE 9  
ISHMAEL AGE 13  
PAUL AGE 17  
JOSHUA AGE 12  
JAMES AGE 9

Dr Kate Khair, consultant nurse, has years of experience supporting children in getting active.



*"Some young people might be anxious about taking part...perhaps they haven't really done it in the past, or they're worried about what they're going to do.*

*If you do feel anxious, talk to your haemophilia care team about how you can participate safely.*

*I've seen the real benefits of activity – not just physically, but psychologically, in building better friendships and to be able to join in with your friends and peers."*

Dr Kate Khair, consultant nurse





# 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.

[whysititout.co.uk](https://whysititout.co.uk)

**CSL Behring**  
Biotherapies for Life™

**WHY  
SIT  
IT OUT?**

**The  
Haemophilia  
Society**

Produced and provided as an educational service to medicine by CSL Behring.  
Before starting any new sport or activity always seek advice from your haemophilia care team.

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