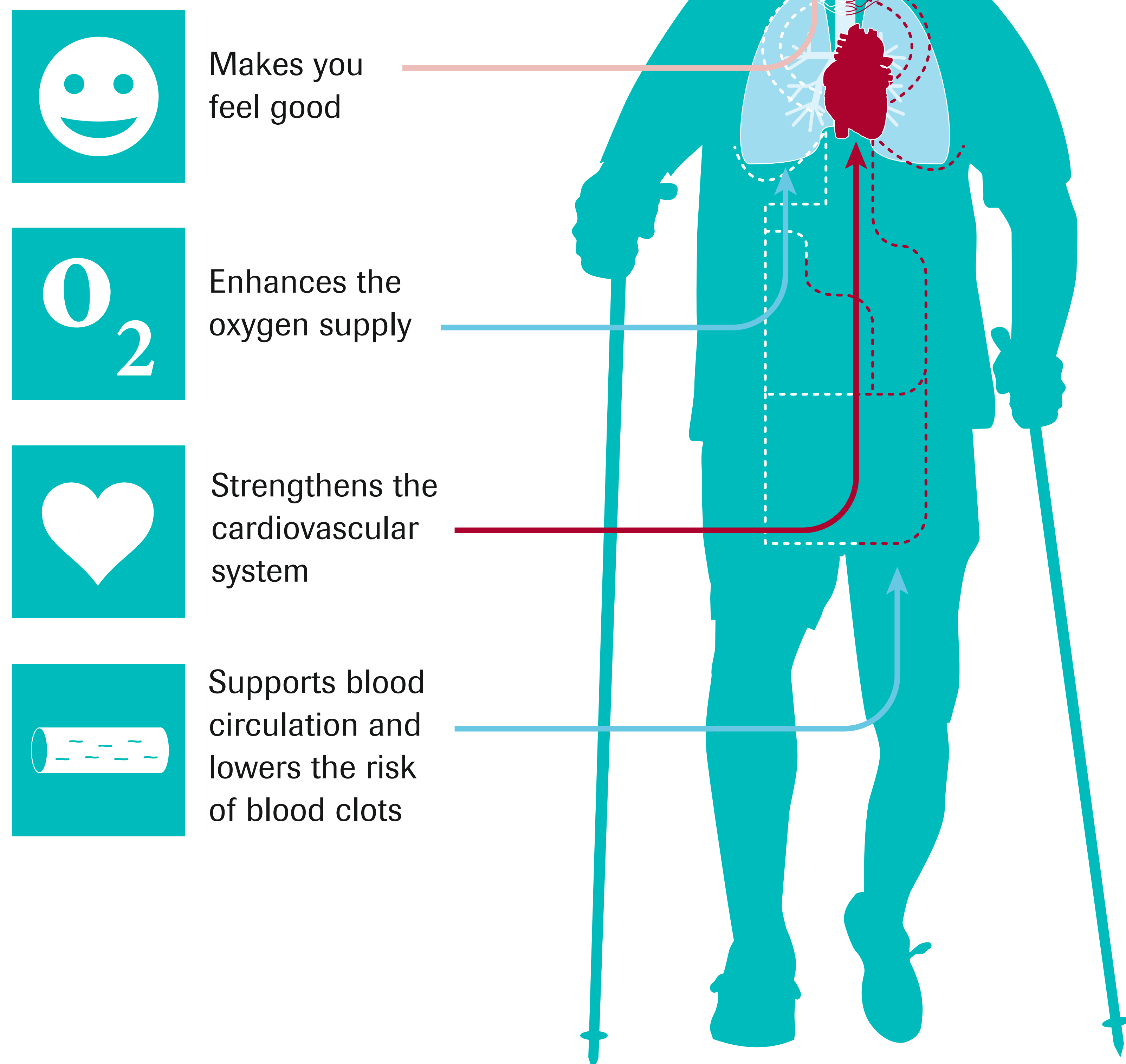


# Anticoagulation and Exercise

Regular exercise has a positive effect on body and mind. This is also true for people requiring oral anticoagulation<sup>1</sup> (e.g. Warfarin®). However, before getting started with sports activities patients should consult their physician.

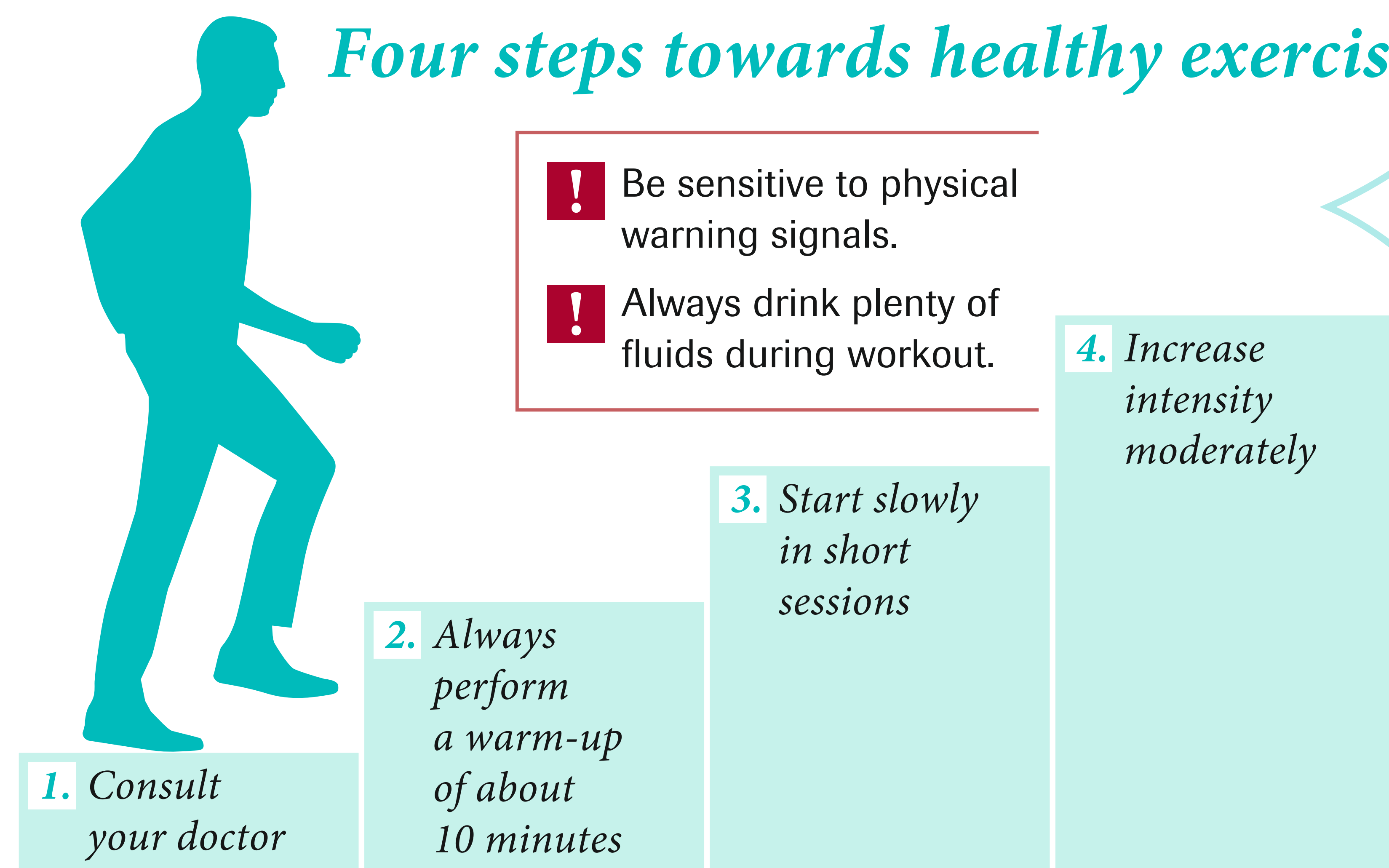
## Positive effects of sports:



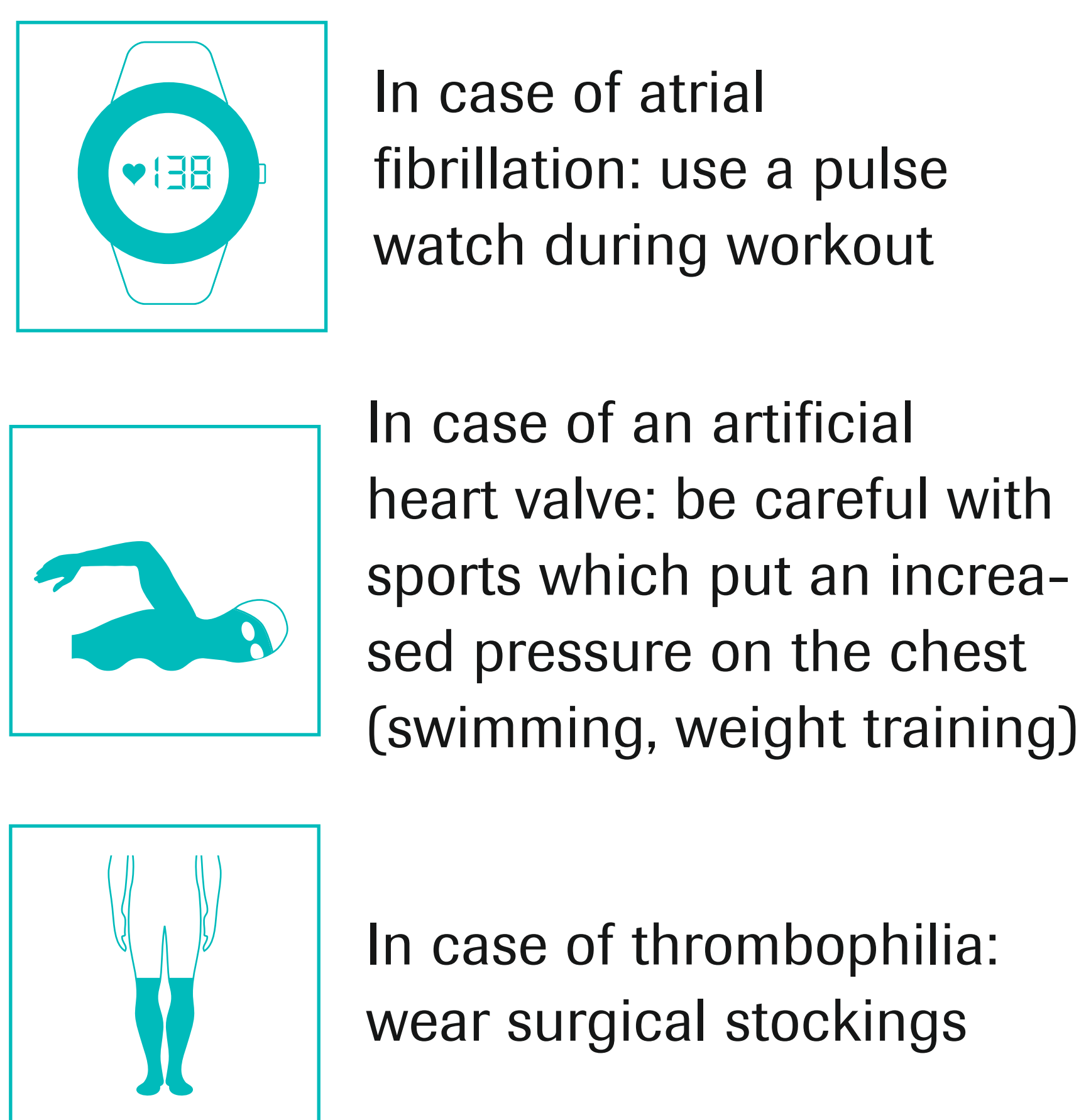
## Which type of exercise is the right one?



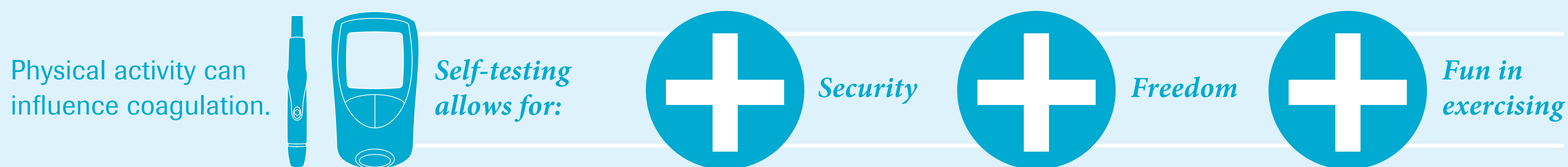
## Four steps towards healthy exercise



## Good to know



## Why coagulation self-management makes the difference



<sup>1</sup> All information applies to patients taking vitamin K antagonists.