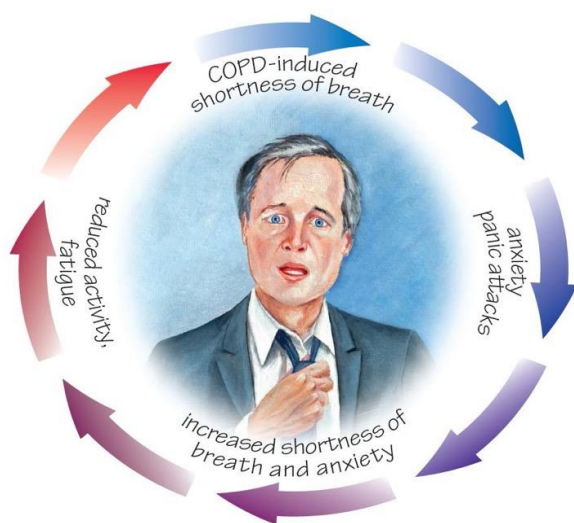


Exercise



How does lung disease affect your activity level?



1. Shortness of breath from a lung condition can sometimes cause anxiety or panic.
2. This makes the shortness of breath worse.
3. Sometimes you will start to avoid activities because of these reasons
4. And the avoidance makes general shortness of breath even worse

Regular and gradual exercise will help you get out of this negative cycle!

Benefits of Being Active

Being active helps you:



- better control your shortness of breath:
"When I exercise, it is easier to control my shortness of breath if I use the pursed-lip breathing technique."
- increase your strength and your tolerance to effort:
"I move more. I started with housework; I am now able to do the cleaning, the laundry and my meals."
- better control your anxiety:
"Feeling less breathless and being able to accomplish more makes me less anxious."
- increase your confidence in your own abilities:
"I have more self-confidence, I know that I can accomplish more and in the end I reap the benefits."
- improve your quality of life:
"My quality of life has improved because I am in better shape; I can accomplish more and I feel more useful."

Recommendations

Do some physical activity every day:

- Walking
- Pedaling a bike
- Leisure activities
 - Yoga, dancing, bowling
- Daily life activities
 - Laundry, gardening, shopping

Be active!

It is recommended that you do 30 minutes of physical activity per day.

What Intensity level is adequate?

Use the Borg scale of perceived exertion:

- Start at a comfortable pace
- It is normal to have breathlessness when exercising
- It is recommended that you perform exercises between a 3-6 out of 10 of breathlessness, fatigue and/or pain



0	None at all
1	Very light
2	Light
3	Moderate
4	Somewhat severe
5	Severe
6	More severe
7	Very severe
8	
9	Very, very severe
10	Maximal

**Slow down or
take a rest!**

Symptoms of physical activity



Normal Symptoms

- Light to moderate breathlessness
- Sweating
- Feeling heat or fatigue in the muscles
- Light muscular or joint pain

Abnormal Symptoms of Physical Activity

- Severe shortness of breath
- Chest pain
- Intense joint pain
- Dizziness or vertigo
- Heart palpitations
- Headache



These symptoms are NOT normal – Immediately stop the activity and seek medical assistance

Categories of an Exercise Routine

- Endurance
- Strengthening
- Flexibility

F.I.T.T.

Frequency, Intensity, Time, Type



Endurance Exercises

- Benefits
 - Improved endurance (stamina)
 - Improved heart function
- Frequency
 - 3 times a week or more
- Intensity
 - Keep shortness of breath less than 6/10
 - Heart rate should increase compared to at rest
- Time
 - Gradually work up to 30 mins or more
 - Can be split up throughout the day or done in intervals

Endurance Exercises

- Types
 - Walking
 - Cycling
 - Swimming
 - Dancing
 - Skating



Strengthening Exercises

- Benefits
 - Keeps muscles & bones strong
 - Improves balance & posture
- Frequency
 - 3-4 times a week on alternating day
- Intensity
 - Enough weight or resistance so that the first few lifts are easy but the final few are more difficult
 - When 12 reps becomes easy, add another set
- Time
 - Perform moves slowly (3-5 seconds)
 - Exhale as you lift

Strengthening Exercises

Type

- Free weights or weight machines
- Resistance bands
- Step ups
- Sit to stand
- Squats
- Leg lifts



Flexibility Exercises

- Benefits
 - Increased flexibility and range of motions
 - Reduced risk of cramps and injury
- Frequency
 - At least daily
- Intensity
 - Slowly and gently – do not bounce
- Time
 - Hold each position for 5 – 30 seconds
 - Do not hold your breath

Flexibility Exercises

- Type
 - Stretches
 - Exercise classes
 - Yoga
 - Pilates
 - Tai Chi



Summary

- Being active will help reduce the symptoms of your chronic lung disease
- During the program you will learn how to perform a full and individualized exercise routine

Get Moving... To Breathe Easy!

Take Action!



Just like medication, exercise must be done on a regular basis to improve your health

Are you ready to get started?

1. Try to be active for at least 30 minutes every day
2. Perform your stretches daily