

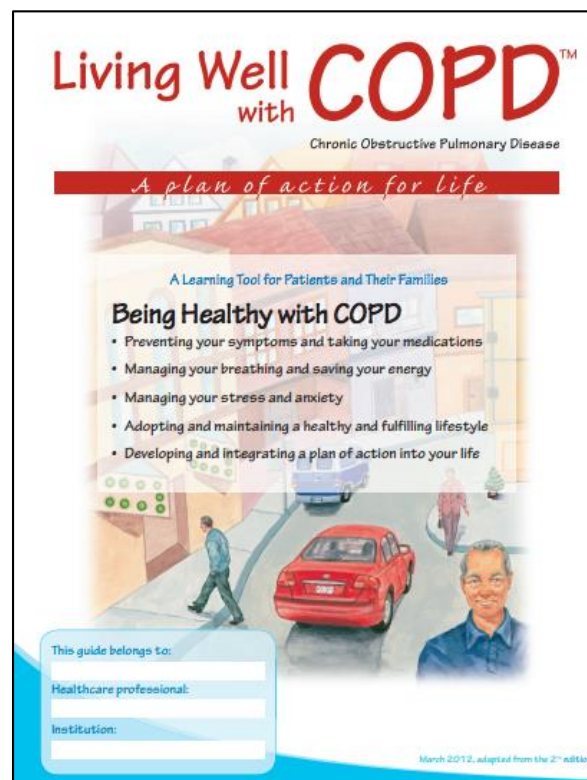
# Living Well & Breathing Easy



The Breathe Easy Program uses the Canadian Pulmonary Rehabilitation guidelines from the following resources:

[www.livingwellwithcopd.com](http://www.livingwellwithcopd.com)

<http://www.livingwellwithpulmonaryfibrosis.com/>



# What are your personal program goals?

- Decrease shortness of breath
- Become more active
- Continue to be more active
- Learn about lung disease
- Remain stable & feel in control
- Lose weight / gain weight
- Learn about proper oxygen use



## Setting your Personal Goals

They must be....



# SMART goals - examples

## Decrease shortness of breath

- By the end of the program, I want to be able to climb 1 flight of stairs without stopping due to shortness of breath.
- And to be able to take out the garbage without gasping - even in cold weather

## Become more active

- To be able to walk to the mailbox daily without stopping for a rest
- To be able to return to work at least part time within the next 3 months

# What is Good Health?

- Having a normal, good quality life
- Being independent in daily activities
- Having social and leisure activities
- Having personal goals and dreams
- Being in control



# Living Well with Lung Disease

You can be healthy  
with lung disease...

... by taking charge of  
your health



## What are ways to be healthy?



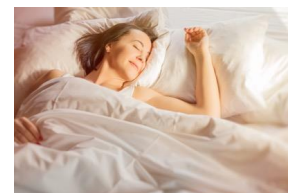
Exercising regularly



Quitting smoking



Adopting a healthy diet



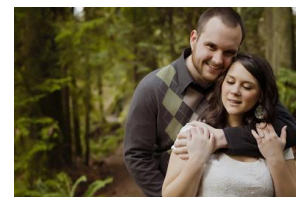
Getting a good night's sleep



Planning for leisure activities  
and trips



Complying with your  
medications



Enjoying Intimacy

What do you do to stay healthy, mentally and physically?

# Learning to live well with Lung Disease

Highlights of our program:

- Managing your breathing
- Preventing and treating your symptoms
- Managing stress and anxiety
- Creating, developing and integrating an Action Plan
- Keeping a healthy and fulfilling life

## Reflection Activity

Are you ready to make the commitment to manage your breathing and your health?



- Write down your personal goals
- What behaviors need to be changed in order to reach your goals?