

Integrating an Exercise Program in your Life



What are the benefits of regular exercise?

Reduces your health risks

- Heart disease
- Stroke
- High blood pressure
- Osteoporosis
- Arthritis
- Diabetes



Have you noticed any changes in your symptoms?

- Better control of shortness of breath
- Better control of anxiety
- Increased strength & endurance
- Increased confidence in your abilities
- Improved quality of life

What barriers are preventing you from exercising?

- Lack of motivation
- Lack of confidence
- Lack of planning
- Acute illness



Tips to stay motivated

- Remember your goals & health benefits
- Exercise with a friend or with music
- Slow down or rest when needed
- Choose activities you enjoy
- Have a variety of exercises
- Document your progress
- Plan your activities
- Reward yourself
- Just Do It!

Confidence

- Know your limits
- Recognize good vs. bad days and modify exercise & activity accordingly
- Avoid & reduce aggravating factors
- Take a fast acting bronchodilator prior to exercising (if needed)

What Intensity level is adequate?

Use the Borg scale of perceived exertion

- Try to not let your symptoms become more than #6

You can also use this same scale to measure fatigue or pain

You should be exercising at a shortness of breath between 3 and 6 to gain the most benefit



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!

Customize an exercise program for you

What exercises will you include in your program?

Here are some questions to ask yourself:

- Why do you want to remain fit?
- What activities do you need to be fit for in order to accomplish?
- What would you do if you could do more?

Customize your Program

When?

You will need to plan in more detail than just 3 times per week. Decide on set days and time. The more specific it is, the more likely you will do it!

- Set aside dedicated time
- Exercise when you are most energetic
- Wait one hour after a meal
- After your bronchodilator if needed

Customize your Program

Where?

- Choose a pleasant environment
 - Outdoors
 - Avoid aggravating factors
 - Have activities for each season
 - Indoors
 - Equipment in your home
 - Programs in your community
 - Mall or local gym

Exercises you can do at home

- Breathing exercises
- Stretches
- Walk in the halls
- Take the stairs
- Step-ups / Leg lifts
- Weights / Resistance tubing
- Do an exercise video



Customize your Program

How?

- Warm up first
 - Flexibility - daily
 - Strengthening – 2-3 days a week, alternating with rest days
 - Endurance – 3 or more days a week
 - Breathing exercises – several times a day

Finish with a cool down

The Importance of Maintaining your Exercise

- Exercise has a therapeutic effect stronger than the best medication
- Regular exercise, optimal medication, nutrition & sleep provide the best combination
- Active people maintain their physical & mental health for longer

How to Maintain your Exercise Routine

- Your exercise routine will take time and effort
 - Track your progress
- Changes will occur over time
 - Adapt your exercise routine to fit your lifestyle
 - Have a back up plan
- Believe in yourself
 - You know you can do it!
- Ask for help when needed

Summary

- Exercise is an essential part of your treatment plan
- Exercise must be on-going
- Your routine will take time and effort
- Planning and staying motivated are keys to success
- You can do it!



Reflection Activity



Have you noticed any improvement in your abilities since you have become more active?

1. Develop a formal exercise routine that you will perform once you have completed the program
2. What barriers may prevent you from performing your routine regularly?