



## Exercising Safely

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Exercise is essential when you have a chronic lung condition or are preparing for surgery.

The benefits include:

- Reduced shortness of breath
- Prevention of muscle weakness
- Increased endurance and improved exercise tolerance
- Improved quality of life
- Combats osteoporosis
- Helps reduce blood pressure

A balanced fitness program should include exercises for muscle strengthening, endurance and flexibility.

Any exercise program you try should be tailored to you to make sure that the program is both safe and effective.

If you already spend extra energy to breathe, you know that if you can breathe more efficiently, you will have more energy to do day-to-day activities or participate in new ones. Actively practicing some form of exercise, along with proper nutrition can significantly improve your quality of life.

Here are some general tips for exercising:

1. If you have bronchodilators, schedule your exercise after you have used them.
2. Warm up before exercising. Warm up exercises can include stretching and slow walking.
3. Set attainable goals. Begin your exercise program by setting a goal you know you can achieve. Then, gradually set your goals higher as you progress.
4. Use your breathing control.
5. If you become too short of breath, STOP. Use your breathing control to regain control, then continue walking.
6. Cool down. End your exercise program with slow walking and stretches.
7. Do not exercise if you have:
  - Unusual chest pain
  - Dizziness
  - Nausea
  - An unstable cardiac condition
8. Make a life-long commitment to exercise. If you stop exercising, it does not take long to lose the benefit you have gained.

**Frequency.** Exercise 5 – 7 times a week.

**Intensity.** Exercise at a moderate intensity (somewhat severe shortness of breath).

**Time.** Aim for a total of 20 – 30 minutes of exercise. If you are not able to do this all at once, do several shorter sessions a day.

**Type.** Walking is one of the most appropriate aerobic activities for people with COPD . It requires no special skills or equipment except comfortable clothes and good walking shoes.

Bicycling and swimming are also beneficial aerobic exercises.

Exercise effort needed		THE WAY YOU FEEL	Exercise phase
0	Nothing	Able to <b><u>sing/whistle</u></b>	Resting
1	Very Weak	Activity easily performed	Warm up for 5 – 10 min Cool down for 5 – 10 min
2	Weak		
3	Moderate		
4		Slow walk to comfortable walk. Can <b><u>talk</u></b> easily.  Will start to feel warmer and muscle effort. Breathing slightly faster	Start walking in this range for the initial weeks of your exercise program.
5	Comfortably strong		
6	Stronger	Brisk to fast walk. Feel warmer; feel muscle effort	For some people your exercise may progress into this level.
7	Very strong		
8		Vigorous exercise. Difficulty talking, breathing hard. Feeling tired.  Very short of breath. Unable to maintain for very long.	<b><u>SLOW DOWN!</u></b> You have exceeded the recommended level of activity!!!
9	Very, Very strong		
10	Maximal effort		
<ul style="list-style-type: none"> <li>• Absolute Maximum</li> </ul>			