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Exercise is essential when you have a chronic lung condition.

Exercise:

- Reduces shortness of breath
- Prevents muscle weakness
- Increases endurance and improves exercise tolerance
- Improves quality of life
- Combats osteoporosis
- Helps reduce blood pressure

A balanced fitness program should include exercises for muscle strengthening, endurance (aerobic conditioning) and flexibility.

All exercise programs should be tailored to the individual to ensure that the exercise program is both safe and effective.

You already know you spend extra energy to breathe. If you can breathe more efficiently, you will have more energy left for day-to-day activities, or participating in new activities. Actively practising some form of exercise, along with proper nutrition can significantly improve your quality of life. On this page, you will find some general tips for exercising.

1. Schedule your exercise after you have used your bronchodilators.
2. Warm up before exercising. Warm up exercises can include stretching and slow walking.
3. Set attainable goals. Begin your exercise regime 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 regime by slow walking and stretches.
7. Do not exercise if... you have an acute infection, unstable cardiac or metabolic conditions, unusual chest pain, dizziness, pallor or nausea.
8. Make a life-long commitment to exercise. If you stop exercising, it does not take long to lose the benefit you had gained.

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## The FITT Plan for Aerobic Conditioning

- F Frequency.** Exercise 5-7 times a week.
- I Intensity.** Exercise at an intensity of 3-4 on the Borg (moderate - somewhat severe SOB).
- T 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.
- T Type.** Walking is one of the most appropriate aerobic activities for COPD patients, as it requires no special skills or equipment except comfortable clothes and good walking shoes. Bicycling and swimming are also beneficial aerobic exercises.

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