



The Importance of Exercise



Top TEN Reasons to Exercise & Be Physically Active

1. Decrease shortness of breath
2. May decrease your supplemental oxygen requirements
3. Reduce your carbon dioxide production
4. Lowers your blood pressure
5. Reduce your respiratory rate
6. Decrease stress & anxiety levels
7. Increase the ease of performing Activities of Daily Living (ADL's)
8. Regain your enjoyment of hobbies/related activities
9. Promote more restful sleep
10. Increase your overall independence



STRONGER BODY

Stronger muscles can make everyday activities feel easier as your body doesn't need as much oxygen to do them. Research also shows that strong legs is a predictor of quality of life and longevity.

MORE ENERGY

Regular exercise can reduce fatigue and increase vitality, giving you more energy to do daily chores plus the things you enjoy in life. Improved fitness means you can do more before getting puffed.



BETTER BREATHING

Respiratory muscles are strengthened through exercise, which means that, over time, with a consistent exercise program, you can begin to breathe deeper and easier.

IMPROVED MOOD

During exercise endorphins and dopamine are released, which makes you feel good. Exercise can also reduce depression and anxiety, making you feel more confident and in control.



LESS HOSPITAL VISITS

Regular exercise supports the immune system, helping you fight off things like colds, flu and infections. Your strength and fitness will also help with how quickly you recover after being unwell.

BETTER QUALITY OF LIFE

Exercise improves the way you feel and increases the number of years spent in good health. This means more time for the people and things you love and less time dealing with illness.



Top 5 Exercises Options to Enjoy

1. Biking (stationary or outdoors)
2. Walking (treadmill or outdoors)
3. Swimming
4. Aerobics
5. Light weight training



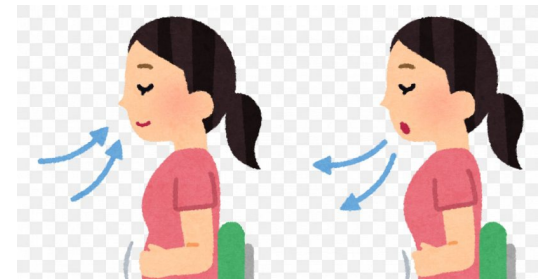
TIPS FOR SAFE/EFFECTIVE EXERCISE TRAINING

- Consult your doctor before beginning a program as well as after any medical procedures before resuming work-outs.
- Take your medications as ordered.
- Always begin with a WARM-UP routine and end with a COOL DOWN stretching session.
- Work outs should be regular sessions 3-5x/week optimally.
- Monitor your BORG levels-avoid greater than 5-6/10.
- Avoid extremes in weather; too cold or too hot poses a dangerous environment for exercise.
- Wait one hour after meals before exercising and drink adequate amounts of water to prevent dehydration.



Tips to Relieve Shortness of Breath: Pursed Lip (PLB) and Diaphragmatic Breathing

- Sit in a chair with bent knees and relaxed shoulders, head, and neck
- Place your hand on your belly
- Breathe in slowly through your nose
(smell the flower for 2 second count)
- As you exhale, tighten your muscles
(cool the soup for 4 second count)
- Put more emphasis on the exhale than the inhale
- Repeat for about five minutes
- Lean forward onto a counter or tabletop supporting some of your weight through your arms while standing
- Lean against a wall while you relax your shoulders
- Assume a relaxed, slightly elevated head up position in bed. Use pillows or other positional devices to support your body/arms and head



Most IMPORTANT Tips Are:

- If you feel tired or experience shortness of breath: STOP (use relaxation breathing techniques)
- Know and **do not exceed** BORG levels **greater than 6/10**
- Take your medications as ordered
- **Don't exercise if you have:**
 - Increased sputum production and/or change in color
 - An acute illness; examples: fever, cold, sinus infection, flu, stomach bug, vomiting.
 - A bone or joint injury
 - Increased stress
 - Severe sunburn
 - Dizziness/lightheadedness
 - Unsteady on feet
 - Reduced fluid intake/dehydrated
 - Hazardous environmental factors; examples: humidity(greater than 60%), high winds, unsafe levels of air pollution or smog (smog alert/poor air quality-AQI), excessive heat/humidity or cold temperatures.










Dyspnea/BORG Scale

While you exercise, think about how short of breath you feel. Notice how hard you are working to breathe. Then pick the number and words on the scale that best reflect how you feel at your current level of effort.

For instance, if your shortness of breath is very slight, you're at level 1. If you feel severely short of breath, you're at level 5. If you can't breathe at all, you're at level 10. Use the Dyspnea Scale to help pace your workout. Unless the pulmonary rehab team advises otherwise, try to keep your effort level around 3 to 5 on the scale.

Modified Borg Dyspnea Scale

0	Nothing at all	
0.5	Very, Very Slight (Just Noticeable)	
1	Very Slight	
2	Slight	
3	Moderate	
4	Somewhat Severe	
5	Severe	
6		
7	Very Severe	
8		
9	Very, Very Severe (Almost Maximal)	
10	Maximal	



Signs of Overexertion

STOP if you notice any of the signs below during exercise. If you're at a Pulmonary Rehab facility, inform staff. If you're exercising on your own, call your Pulmonary Rehab team or your healthcare provider. Stay alert for these signs:

- Unusual or increasing shortness of breath
- Chest pain or discomfort
- Burning, tightness, heaviness, or pressure in your chest
- Unusual pain in your shoulders, arm, neck, jaw, or back
- A racing or skipping heartbeat
- Lightheadedness, dizziness, or nausea
- Feeling much more tired than normal
- Unusual joint pain



AFTER Pulmonary Rehab

Exercise using your Home Program

- Have a plan to continue regular exercise 3-5x/week including; 8-10 minutes of warm-up, 20-30 minutes sustained activity for conditioning, 10 minutes cool down and stretching
- Options may include home exercise equipment, Daily walk, joining a gym, going to an exercise class, using a device to measure daily steps
(aim for 2000-5000 steps/day)
- Consider finding an exercise partner ie. friend/family member to make work outs social/fun
- Consider keeping a journal or record of your work outs
REMEMBER IF YOU DON'T USE IT, YOU LOSE IT
(Exercise benefits achieved in class can decrease with time)