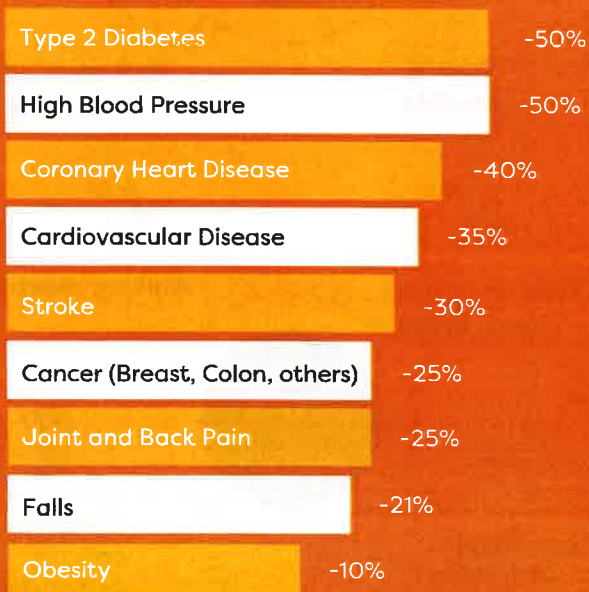


Being active is important for your Chronic Obstructive Pulmonary Disease

What good things could being more active do for you?

- Increased self-esteem
- Improves mood
- Improved quality of life
- Reduced number of exacerbations
- Decreased time in hospital /bad days
- Able to walk further
- Reduces feeling of breathlessness
- Living well for longer
- Feeling less fatigued
- Increased strength
- Improves balance/falls
- Decreased morbidities
- Increased confidence
- Increased independence

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve breathlessness



- You no longer avoid doing activities
- Your muscles become stronger
- You do more activity to help your breathlessness
- Stronger muscles use less oxygen and become more efficient
- You feel less breathless
- You are less fearful of activities

Follow these Top Tips to keep you active:

- 1 Make physical activity part of your morning routine
- 2 Ask your healthcare professional for your suitability for pulmonary rehab
- 3 You only need to walk at least 600-1100 steps a day further to improve PA levels. About 10 minutes extra walking a day (2016 De Mayer PA after pulmonary rehab)
- 4 Gain Confidence and Independence
- 5 Be aware of your breathing. If you can only speak in single word sentences you are working too intensely.
- 6 Maximise your good days. On your bad days still try and do something. Don't be demotivated
- 7 Pace yourself
- 8 Start slow
- 9 Allow yourself more time if possible
- 10 Physical Activity will help your other conditions
- 11 STOP SMOKING, and the exercise will be more enjoyable because you will feel less limited in what you can do
- 12 Don't expect remarkable changes. Even small changes that may be unnoticeable will be giving you a benefit.
- 13 Don't expect immediate changes and improvements- you're in it for the long term gains.
- 14 Plan more on days where you have help for example with the cleaning

Build activity into everyday life:

