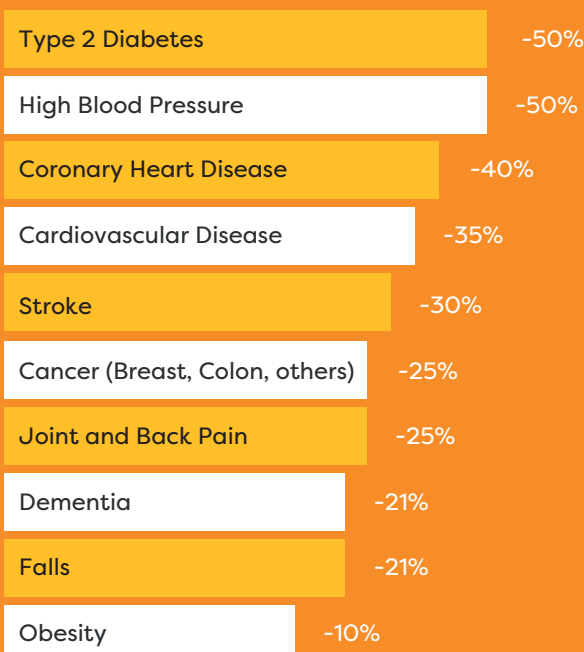


Being active is important for your Chronic Obstructive Pulmonary Disease

What good things could being more active do for you?



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



How can being active improve breathlessness



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 intense.
- 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:

