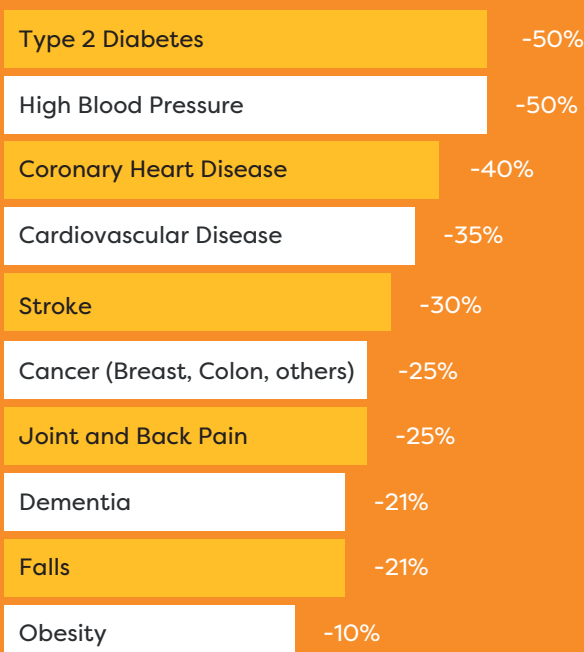


Being active is important for your Chronic Obstructive Pulmonary Disease

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
Stronger muscles use less oxygen and become more efficient	You do more activity to help your breathlessness
You are less fearful of activities	You feel less breathless

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:

