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:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Risk Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 2 Diabetes</td>
<td>-50%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>-50%</td>
</tr>
<tr>
<td>Coronary Heart Disease</td>
<td>-40%</td>
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<tr>
<td>Cardiovascular Disease</td>
<td>-35%</td>
</tr>
<tr>
<td>Stroke</td>
<td>-30%</td>
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<tr>
<td>Cancer (Breast, Colon, others)</td>
<td>-25%</td>
</tr>
<tr>
<td>Joint and Back Pain</td>
<td>-25%</td>
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<tr>
<td>Dementia</td>
<td>-21%</td>
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<tr>
<td>Falls</td>
<td>-21%</td>
</tr>
<tr>
<td>Obesity</td>
<td>-10%</td>
</tr>
</tbody>
</table>

How can being active improve breathlessness

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

- At play
  - Singing
  - Yoga/pilates/tai chi
  - Walking clubs
  - Playing with grandchildren

- At home
  - Exercise class
  - Sex
  - Walking
  - Gardening
  - At play
  - Playing with grandchildren

- Travelling
  - Cycling
  - Get off the bus a stop early
  - Park at a further car parking space
  - Walking if possible

- At work
  - Walking meeting
  - Standing at your desk
  - Take an active lunch break
  - Standing to talk on telephone
  - Walking up stairs