## EXERCISE AND COPD

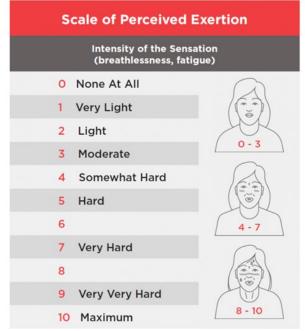
COPD Community Exercise Clinic

Exercise is a specific type of physical activity that is planned, structured and purposeful. The goal of exercise is to increase our physical fitness. Exercise is beneficial to improving our health.

## Types of ExerciseAerobic Exercise involves repetitive movements of<br/>large muscle groups done for a longer amount of time<br/>Examples include walking (indoors, outdoors,<br/>treadmill), cycling (outdoors, stationary) and swimmingImproved Lung FunctionResistance Exercise involves movements with<br/>added resistance for a determined amount of<br/>repetitions.<br/>Examples include exercises with dumbbells, weight<br/>machines, kettlebells and resistance bandsImproved ConfidenceImproved overall fitness level

## **Exercise Guidelines**

- Aim to achieve a minimum of 150 minutes of light-moderate intensity aerobic exercise per week
- The time can be broken down into smaller portions, such as walking 2x15 minutes a day for 5 days a week
- Aim to achieve 2-3 resistance training sessions per week. Ensure to include all major muscle groups
- Always be sure to pay attention to your symptoms of breathlessness you can use this BORG Scale of Breathlessness to ensure you are not exceeding a moderate level – you should feel additional effort in breathing, but you should be able to continue with the exercise at that level



Level 3 is where you should be. This is where you are breathing easily and you can easily complete the exercise. You should be able to walk and talk comfortably.

**IMPORTANT** - Do not go over level 5. If you go over level 5, your exercise intensity is too high.