

GETTING STARTED

COPD Community Exercise Clinic

Welcome to the COPD Community Exercise Clinic! Over the next 12 weeks we will provide you with the skills and knowledge to help you feel better and manage your chronic lung disease.

You will become stronger by increasing your level of fitness.

Exercising your lungs and your muscles helps you be more active so you can do the things you enjoy with your loved ones.



FREQUENCY

How often to Exercise

Stretches and breathing exercises daily

Cardiovascular exercise 5-7 days/week

Strength and resistance exercises 2-3 days/week



INTENSITY

How hard to Exercise

Use Rating of Perceived Exertion Scale (RPE), aim for RPE of 3-5

You should be able to walk and talk at the same time

Adjust by changing pace/resistance as needed



TIME

How long to Exercise

Follow duration outlined in your exercise prescription

Goal to reach minimum 30 minutes daily

Exercise time can be broken down into smaller portions



TYPE

What kinds of Exercise

Strength training (weights, bands, body weight)

Cardiovascular (walking, cycling, exercise videos)

Stretching, flexibility, and balance exercises

CLASSES

- Attend weekly education and exercise class
 - Follow your COPD action plan daily
- Discuss any questions or concerns with your Exercise Therapist
 - Contact your Exercise Therapist if feeling unwell
 - Record daily exercise on exercise diary

10 TIPS

For a successful COPD Community Exercise Clinic



Set personal goals

Work with your COPD team to establish goals that are reasonable for you and develop an exercise plan that is tailored to your fitness level and breathing ability.



Have fun

Find an activity you enjoy. You will be more likely to keep going if exercise feels more like fun than work.

Consider activities like aqua fit, dancing, yoga or even walking with a friend. If you have more fun alone, watch a movie or listen to a podcast or music while you exercise. Of course, be sure you are staying safe and aware of your surrounding.

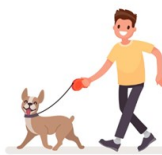
Build up slowly

Do not push too hard but try to go a little further or exercise a little longer every few days. This will increase the efficiency of your body and your muscles.



Alternate activities

When you have COPD, you need strength in all your muscles. However, you may not be able to exercise all your muscles at once. Try exercising your arm muscles one day and your leg muscles the next to get a complete workout without tiring yourself out.



Watch weather and pollution

Avoid exercising outdoors if pollution levels are high or the weather is too cold, too hot or too humid. If possible, plan to exercise indoors on those days.



Listen to your body

If you are overtired or feeling sick, you may need to limit your exercise for that day. If you have a big event, think about reducing your exercise time, or postponing your exercise that day.

Schedule wisely

Exercise when you know your energy level will be high; maybe shortly after taking your medication. Do not exercise on a full stomach – try before a meal or an hour or two after eating. Once you figure out what works best for you, treat your exercise time like an appointment. Organize your day around it. Do not start wondering if you have enough time to exercise, that will make it easier to find an excuse not to. Eventually exercising will become a part of your routine.



Treat yourself

To stay motivated, give yourself a little reward after exercising.

Dress for comfort

Wear loose-fitting clothing. Dress in layers, so you can take off a sweater if you get too hot. Choose shoes that fasten easily and offer good support as well as ample cushioning.



Exercise regularly

Make fitness a priority and set aside specific times during the week to exercise. Aim for at least three times per week. Remember, if you do have to stop exercising due to illness or another reason, do not get discouraged. Start again slowly when you are able. You will gradually regain your muscle conditioning.

