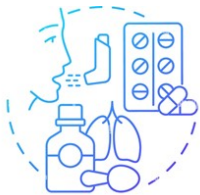


GRADUATION REMINDERS

COPD Community Exercise Clinic

Congratulations on completing the COPD Community Exercise Clinic! Hopefully you have enjoyed your time in the program and feel confident that you will be able to apply all that you have learned to continue to lead a healthy lifestyle.

Strategies to Manage COPD



TAKING RESPIRATORY MEDICATIONS



BREATHING EXERCISES



REGULAR EXERCISE



NUTRIENT-DENSE FOODS



PHYSICAL ACTIVITY



GET PLENTY OF SLEEP



ENERGY CONSERVATION



STRESS MANAGEMENT



SOCIALIZATION



HEALTHCARE PROVIDERS

Preventing Flare Ups

- * Know Your Signs
- * Avoid Your Triggers
- * Live a Smoke Free Life
- * Keep Vaccinations Up To Date

- * Follow COPD Action Plan
- * If Symptoms Worsen, call 911 or Seek Medical Attention
- * Regular Follow-up with Your Healthcare Team

General Exercise Guidelines



AEROBIC EXERCISE

4-5 x week
Moderate Intensity
Increase to 30-60 minutes/day

- * Set SMART goals
- * Progress exercise gradually
- * Include variety of exercises (walking, cycling, treadmill, elliptical)
- * Plan activities you enjoy
- * Exercise with a partner or group
- * Plan indoor alternatives for poor weather
- * Listen to your body



RESISTANCE TRAINING

2-3 x week
Light to Moderate Intensity
Aim for 3 sets with 10 repetitions

GRADUATION REMINDERS

COPD Community Exercise Clinic

Self Management Tools and Resources

- [Daily Medication](#)
- [COPD Action Plan \(American Lung Association\)](#)
- [COPD Pocket Consultant Guide – Patient APP \(COPD Foundation, Florida, USA\)](#)
- [Living with COPD Handbook \(Lung Health Foundation, Ontario\)](#)
- [COPD Check List \(Lung Health Foundation, Ontario\)](#)
- [CAT Score](#)
- [Breathing Exercises: diaphragmatic and pursed lip breathing \(American Lung Association\)](#)
- [Lung and Airway clearing techniques : Huff-Cough method & Positive Expiratory Pressure devices \(PEP\)](#)

Healthy Lifestyle Strategies Resources

- [Nutrition](#) (Canadian Lung Association)
- [Exercise](#) (Canadian Lung Association)
- [Stress Management](#) (Canadian Lung Association)
- [Active Daily Lifestyle](#) (American Lung Association)
- [Sleep](#) (Sleep Foundation)
- [Reduce Alcohol Intake](#) (Canadian Centre for Substance Use and Addiction)

Community Resources

- [Lung Health Foundation Virtual Exercise Videos](#)
- [Canadian Lung Association Breath Better Virtual Program](#)
- [Community Care Durham exercises classes](#)
- [Abilities Centre Post Cardiac & Pulmonary Rehab Program](#)
- [Heart Wise Exercise Programs](#)
- [Lung Health Foundation Journey to Quit](#)