

# Healthy Lifestyles

## COPD Community Exercise Clinic

Healthy Lifestyles is the use of evidence based therapeutic approaches used to prevent, treat and reverse chronic conditions.



### 6 Healthy Lifestyle Strategies



**Nutrition**



**Sleep**



**Exercise**



**Substance**



**Stress  
Management**



**Social  
Connection**

<p>Choose whole foods</p> <p>Limit animal by-products</p> <p>Explore alternative protein sources like quinoa, nut butters, and legumes</p> <p>Include healthy fats like olive oil, avocados, nuts and seeds</p> <p>Eat the rainbow, plenty of unprocessed fruits and vegetables</p> <p>Whole grains like barley, millet and brown rice</p> <p>Hydrate with water</p>	<p>Aim for 7-9 hours each night</p> <p>Try and keep a consistent schedule with a fixed wake up and bedtime</p> <p>Prioritize sleep</p> <p>Keep naps short if at all</p> <p>Limit caffeine late in the day</p> <p>Avoid screen time 1-2 hrs before bedtime</p>	<p>Cardio/Aerobic: 4-5 days per week moderate intensity 150-300 mins per week</p> <p>Strength Training: 2-4 days per week light to moderate intensity 15-30 mins per session</p> <p>Stretch/Balance/Flexibility: daily as able</p>	<p>Quitting smoking is the most important step to slow the progression of COPD</p> <p>Not smoking will make it easier to breath</p> <p>All levels of alcohol consumption are associated with some risk, so drinking less or not at all is better for everyone</p>	<p>Mange anxiety and depression by:</p> <p>Exercising regularly</p> <p>Practicing yoga or meditation</p> <p>Try techniques such as guided imagery and progressive relaxation</p> <p>Journaling</p> <p>Speak to healthcare provider about treatment options</p>	<p>Our relationships with family, friends, coworkers, and community members can have a major impact on our health and well-being.</p> <p>When we are socially connected and have stable and supportive relationships, we are more likely to make healthy choices and to have better mental and physical health outcomes.</p> <p>You are not alone and its okay to ask for help.</p>
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