



Being Active When You Have COPD

Prescription for Improving Healthy Body Status

Exercising with COPD is as easy as 1, 2, 3

Getting Started

When you have COPD you can get out of breath easily. Regular exercise can help improve your stamina and give you more strength to do regular activities. Strengthening your bones and muscles will help you breathe easier and allow you to live a more active life.

Keep things simple. You don't have to do big things. Any exercise from walking the dog to gardening counts.

Setting goals can be important. You might want to write a goal such as "I would like to be able to walk up my front steps without getting out of breath." Goals will help you remember what you are working towards and will remind you of the progress you are making.



1 Get Moving

What

Any continuous activity (biking, walking, dancing)

When

3-5 days/week

How Hard

Start very light and continue to work up as your shortness of breath allows. The overall goal should be for you to talk while exercising, but not sing.

On a scale of 1-10 you should aim to move between a 2-6.

1=short walk to get the mail
2-6= walking around the block, dancing in the kitchen
10=hard running

How Long

When you first start out, only exercise for a few minutes at a time. Aim for 3 minutes of exercise at a time. As you exercise more increase your time by 3 minutes.

Example:

Week 1: Walk around your block at a level 2

Week 2: Walk around your block at level 3 and then add another 3 minutes of walking.

Week 3: Walk around your block at level 4 and add another 6 minutes of walking.

Keep this going for the next 2-3 months. Eventually you want to work up 30 minutes of exercise at a time.

PERCEIVED EXERTION CHART

10	Very, Very Hard Activity Completely out of breath, unable to talk
9	Very Hard activity Can speak only one word at a time
7-8	Hard Activity Out of breath, can speak a sentence or two
4-6	Moderate Activity Can talk but not sing
2-3	Light Activity Breathing is easy, can talk and sing
1	No Activity

Special Considerations: Start with a light effort. Don't hold your breath when you exercise (this can raise your blood pressure and make it harder to breathe). Try not to exercise outdoors during the cold weather. Choose indoor options when possible. You may need to exercise near a bench or chair to rest if you get tired. If you have a rescue inhaler carry it with you while you exercise.



2 Get Strong

What

Start by using your own body weight.

Do each of the following:

Sit & Stands: Sit in a steady chair – using a kitchen chair is ideal and then stand up.

Calf Raises: Stand with your feet flat on the floor and shoulder-width apart. Raise yourself onto your toes and then lower your heels back to the floor. If you need to, stand near a countertop and hold onto it for extra balance.

Knee Lifts: In a standing position raise one knee. Lower your foot flat to the floor and raise the other knee.

Do each of these exercises 10 times.

Rest 1 minute in between exercises if you need.

Example: 10 sit and stands, rest 1 minute, 10 calf raises, rest 1 minute, 10 knee lifts, rest 1 minute.

As you get stronger, and your shortness of breath gets less you can add hand weights and resistance bands.

When : How Hard

2-3 days/week.
Rest at least one day in between

Start slowly. On a scale of 1-10 you should be working at 4-8.

1=sitting on the couch

4=just able to feel your muscles being used

8=sweating during the exercise

10=can't do the exercise

How Long

10 repetitions to start. Build up as you can.

Special Considerations: Avoid straining or holding your breath when lifting. This can cause your blood pressure to increase. Instead focus on exhaling as you stand up or lift and inhale as you sit down. Mild muscle soreness is normal for 1-2 days after starting strength training. If the pain lasts longer, you should contact your doctor.

Performing these exercises, including the suggested frequency, intensity and duration will help you meet the American College of Sports Medicine Guidelines for exercise participation and improve your health and fitness.



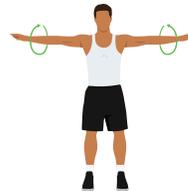
3 Get Stretching

What

Stretching is a great way to make you more mobile. You should stretch before and after every exercise session.

Do each of the following:

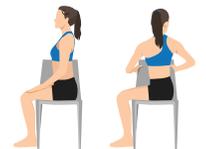
Arm Circles:



Toe Touches:



Waist Twists:



When

You should stretch before and after every exercise session.

How Hard

Stretch as far as you can until you feel muscle tightness.

Don't overstretch, this could hurt your muscle. If you can't quite touch your toes, aim for your calf or your knees.

How Long

Do 5-10 of each stretch before and after every exercise session.

Stretch before you walk and after your walk is done. Stretch before you do your knee lifts, sit and stands and calf raises, and stretch when you are done.

Remember to keep your exercise goals in mind. Do what you can and work up slowly.

Local Resources

Free: Footprints for Fitness (Saginaw Center Courts), Walk with a Doc (YMCA)

Paid: Scan QR code for additional resources

