

Exercising when you have lung disease

This handout offers guidelines for exercise when you have lung disease.

Exercise every day

- The muscles you use to breathe will get stronger
- You will have more energy
- You will feel more relaxed and happier

Before you start an exercise program

- Check with your doctor
 - What exercises to do
 - Is your heart OK
 - Are your lungs OK
 - Should you use an inhaler before you exercise

You may need a short-acting inhaler drug

- You may need to use a short-acting inhaler before you exercise (ask your doctor)
- Use it 20 to 30 minutes before you exercise

Oxygen and exercise

- If you have low oxygen levels it may be hard to exercise
- Ask your doctor to check your oxygen levels
- Ask your doctor if you need to use oxygen when you exercise

Check your heart rate

- Check your heart rate before you start to exercise
- Check again during exercise
- Do not let your heart rate get too fast (ask your doctor)
 - Stop or slow down
 - Sit down or lean on something
 - Relax and do a slow breathing exercise
- A good heart rate for you is: _____

Stop exercising if you get short of breath

- Sit down or lean on something
- Relax your upper body
- Let your head and arms hang down
- Do a slow breathing exercise

Walk as much as you can

- Make it part of your everyday routine
 - Walk 5 to 30 minutes a day
- Wear shoes that fit well
- Wear loose clothing
- Relax your upper body
 - Relax your shoulders
 - Relax your neck
- Walk at a good pace
- Swing your arms
- Stop before you get very out of breath
- Do not walk and talk at the same time

Other activities to do

- Try some activities other people with lung problems enjoy
 - Dancing
 - Swimming
 - Bike riding

Exercises to do when sitting

- Raise your arms over your head and hold a few seconds
- Hold your arms out straight in front of you and hold a few seconds
- Lift shoulders way up and then relax
- Other ways to move your arms and shoulders
 - Clasp hands under your chin and twist to the left
 - Then twist back to the front
 - Then twist to the right
- Go from sitting to standing
- Sit and put your legs out straight and hold for a few seconds
- Use small weights or rubber tubing when you exercise, if your doctor says you can
- Do these exercises as many times a day as you can

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.
