



COPD: Exercise and daily activity



Living with COPD

Breathing is something people rarely think about unless they have trouble doing it. One of the most common causes is chronic obstructive pulmonary disease (COPD). Chronic bronchitis and emphysema are forms of this disease. COPD can make breathing harder, but you can still have a full, enjoyable life. Your healthcare provider will show you how you can be more active and live safely with COPD. This booklet will help you get started.

Shortness of breath

COPD means that you have trouble getting air out of your lungs. You may have trouble breathing in as well. This is because you still have air left in your lungs from the last breath. If you can't take in enough air, you may feel short of breath. This is called **dyspnea** (disp-nee-uh) and is very common in people with COPD.

Limits on your life

If you have COPD, you may find yourself doing less over time. Just going out for the mail may be more than you can do on some days. Perhaps you've stopped gardening or playing with the grandkids because you're afraid of getting short of breath. You don't have to live this way. By making small changes, you can have more energy for the things you enjoy most.



The goal: Being more active

A safe exercise plan will help you get stronger and gain energy. Breathing methods will help you breathe better. And planning your day can help you save energy for the things that really matter. These are all part of a plan that can help you reach the goal of being more active. Your provider will work with you to build this plan. You may also have other care providers on your team. These may include respiratory, physical, or occupational therapists.



Understanding pulmonary rehabilitation

You may be able to get extra help with the changes needed to reduce your COPD symptoms. Pulmonary rehabilitation (rehab) programs are run by specially trained healthcare providers. They offer guidance and support for starting new exercise routines and learning breathing methods that can help with shortness of breath. They can also help with ways to save energy and make daily life easier. These programs are designed to help people with COPD have less shortness of breath, be more active, and manage their symptoms. Your provider can tell you more if this is an option for you.

Contents

- 4 Your best level of exercise
- 5 To breathe better
- 6 Planning safe workouts
- 8 Exercising to become more active
- 10 Increasing flexibility
- 12 Increasing strength
- 14 Saving energy
- 16 Moving smarter
- 18 From bedroom to bath
- 20 Eating right
- 22 Avoiding irritants and allergens
- 23 Your emotional health



Your best level of exercise

Exercise is good for you. Of course, the type of exercise and the level of effort have to fit your needs and ability. Your provider can help you set safe, realistic goals. To get started, meet with your provider. That way, they can assess how much exercise you can do before you get short of breath. Talk to your provider about your goals. What would you like to do that you can't do now?

Your health history

Your provider will ask about your health history and current symptoms. If you have other health problems along with COPD, make sure to tell them. If you smoke, ask your provider about ways to help you quit.

How far can you go?

You may have a 6-minute walk test. This is not a race. The test is used to show what symptoms may happen when you walk as far as you can on a flat surface. A hallway or short track may be used. A special tool (oximeter) may be used to measure the amount of oxygen in your blood before, during, and after the test. An oximeter clips onto your finger and is painless.

Supplemental oxygen

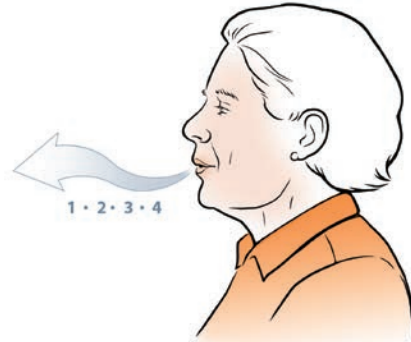
If your lungs don't provide enough oxygen to your blood on their own, you may need supplemental (extra) oxygen. Using it may help reduce shortness of breath so you can be more active. To find out if you are taking in enough oxygen now, you may be monitored during your walk test, while riding a stationary bike, or while sleeping at night.

To breathe better

Breathing methods can help make inhaling and exhaling easier. Done the right way, these methods can reduce shortness of breath during activity. Practice what you are taught until it is natural for you. You may be taught 1 or both of these.

Pursed-lip breathing

Pursed-lip breathing helps you exhale better. That way, you can take in more oxygen-rich air when you inhale. Use this method if you start to feel short of breath. Use it when you exercise or do tasks that require effort.



Inhale: Relax your neck and shoulder muscles. Inhale slowly through your nose for at least 2 slow counts.

Exhale: Pucker your lips as if you are going to blow out a candle. Exhale slowly and gently through your lips for at least 4 slow counts.

Diaphragmatic breathing

The **diaphragm** is a dome-shaped muscle under the lungs. When you have COPD, this muscle gets weak. Using this muscle correctly helps you breathe better. It gives your lungs more room for air and helps push air out of the lungs better. Using the diaphragm correctly also uses less energy.



Inhale: Sit or lie on your back so you feel at ease. Inhale slowly through your nose. Count to 2. Your stomach muscles will relax and move out.

Exhale: Breathe out through pursed lips. Count to 4. Feel your stomach muscles tighten and move in.

Planning safe workouts

You should aim to exercise at a level that is safe, but still helps you meet your goals. Your provider and some methods can help guide you on how hard to work. A little bit of planning can also help keep your workouts productive and safe.



How hard should you exercise?

You may wonder how you can exercise without becoming short of breath. You often can't. But this isn't necessarily bad. Shortness of breath is a sign that you're pushing yourself. Ask your provider to teach you how to monitor and rate shortness of breath as you exercise. This will help you gauge how hard you're working. Also ask what level you should try to stay at when you exercise.

Breathing during exercise

Use pursed-lip breathing during exercise. Exhale during the exertion part of the exercise. This is when you're using the most effort. For example, when doing biceps curls (page 12), exhale as you lift the weights and inhale as you return your arms to the starting position. Never hold your breath!



Checking your heart rate

You may be told to monitor your heart rate during exercise. This is the number of times your heart beats per minute. Place 2 fingers (not your thumb) on the inside of your wrist. Count the number of beats you feel for 30 seconds. Multiply the number of beats by 2. You may be told what your rate should be during exercise.



Exercising safely

Stay safe and get the best results from your exercise sessions. Keep these tips in mind:

- Plan your workout for the time of day when you usually have the most energy.
- Dress for comfort. Wear shoes that fit well and support your feet.
- If you have been prescribed a quick-relief inhaler (also called a rescue or fast-acting inhaler), use it as directed. If your provider has told you to, keep the inhaler with you when you exercise. That way, you can use it as needed.
- Use oxygen if it is prescribed for use during activity. Learn how to adjust it for exercise. Increase the flow rate only if your provider has told you to.
- Drink plenty of water before, during, and after exercise.

Stop if ...

Exercise is intended to help you get stronger and breathe better. But stop if an activity hurts or causes any of the symptoms below:

- Pain, discomfort, burning, tightness, heaviness, or pressure in your chest, neck, jaw, shoulders, arms, or back
- Severe shortness of breath
- Lightheadedness, dizziness, or nausea
- Headache

Call your provider if any of these symptoms get worse or don't go away with rest.

Exercising to become more active

Exercise can help improve how your muscles work. It also increases your ability to do more over time. Before you begin, discuss safe types of exercise with your provider.

Get the OK first

You and your provider will set up a safe exercise plan that meets your needs. Ask about types of exercises you can try. Ask how often to exercise, and how long each session should last. Your lungs, heart, and blood pressure may need to be evaluated before it is OK for you to start.

Safe types of exercise

To build strength and endurance, any of these can be good choices:

- **Chair exercises.** Most of these are done while sitting. Some let you use a chair for support while standing.
- **Walking.** Keep a pace that lets you talk without gasping.
- **Swimming and water aerobics.** If you use oxygen, place the unit by the side of the pool. Use enough tubing so your movement is not restricted.

▶▶ Walking can be done inside or outside and builds strength and endurance.

On hard-to-breathe days

Check the weather report before you go out. Then keep these tips in mind:

- On warm or humid days, reduce your workout and rest more often. Drink plenty of fluids.
- On cold days, keep your airway warm. Breathing through a scarf can help.
- If air quality is poor, exercise inside. Use a treadmill or take a walk in a mall.





Warm up and cool down

Your exercise routine should start with a warmup and end with a cooldown. After your cooldown, try a relaxation exercise.

- **Warm up** to prepare your heart and other muscles for exercise. This can be an easier version of the exercise you are about to do.
- **Cool down** to lower your heart rate slowly. Toward the end of your workout, ease your rate of effort back down. Then stretch to lengthen and relax your muscles.
- **Rest and relax.** This is a good time to practice pursed-lip breathing.

Doing more over time

Before long, you may find that your workouts are easier. You may also have more energy for daily activities. As this happens, you can do more exercise. As you get stronger, work toward a goal of 30 to 60 minutes of exercise, most days of the week.

▶▶ Working around the house counts toward your daily activity goal.

Here are some ways to reach that goal:

- Join a gym or exercise with a partner. You may be able to do supervised exercise at a pulmonary rehab facility near you.
- Keep exercise interesting by doing things you find enjoyable.
- Use a fitness tracking device, or keep a diary to track your progress.
- Increase your workout time slightly each week, until you've reached your goal time.
- Once your workouts have reached their goal time, increase how hard you work. For example, try walking a little faster than your usual pace.
- Add variety to your routine. If you often walk for exercise, try tai chi or yoga.

Increasing flexibility

These exercises increase flexibility (ease of movement). They may also reduce muscle soreness caused by other activities. Before trying these exercises, talk to your provider. Find out which are right for you and how often to repeat them.



Head tilt

1. Sit or stand with your shoulders relaxed. Breathe in.
2. Slowly lower your chin as you breathe out. You'll feel a stretch in the back of your neck.
3. While inhaling, return to the starting position. Then exhale, slowly moving your head right and left as if you are saying "no."



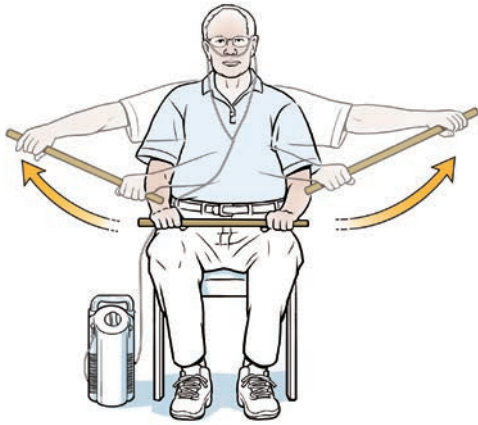
Shoulder rolls

1. Stand with your shoulders relaxed. Put your hands on your hips or keep your arms at your sides. (Do what is most comfortable.)
2. Breathe in. Slowly breathe out while rolling your shoulders forward. Continue until you are done exhaling. Then relax.
3. Repeat step 2 while rolling your shoulders backward.



Shoulder stretch

1. Sit or stand with your shoulders relaxed.
2. Bring your right arm across your chest. Place your left palm above the right elbow.
3. Breathe in slowly.
4. Press gently with your left hand as you slowly exhale. Feel the stretch in your right shoulder.
5. Hold the stretch for 15 to 20 seconds while breathing freely. Release slowly.
6. Repeat with your other shoulder.



Wand work

1. Holding a wand or towel, straighten your back. Keep your shoulders down and inhale.
2. Sweep as far as you can to each side. Move slowly and stay in control. Don't twist. Gently exhale through pursed lips as you sweep.



Calf stretch

1. Stand facing a wall, feet side by side. Put your arms out at shoulder level. Rest your hands against the wall with your elbows slightly bent. Don't push against the wall.
2. Step back with your right foot. Gently lower the heel to the floor. Keep your toes pointing forward, left knee slightly bent. Feel the stretch in the back of your right calf (lower leg).
3. Do pursed-lip breathing as you hold the stretch for 15 to 30 seconds.
4. Return to the starting position. Repeat using your other leg.

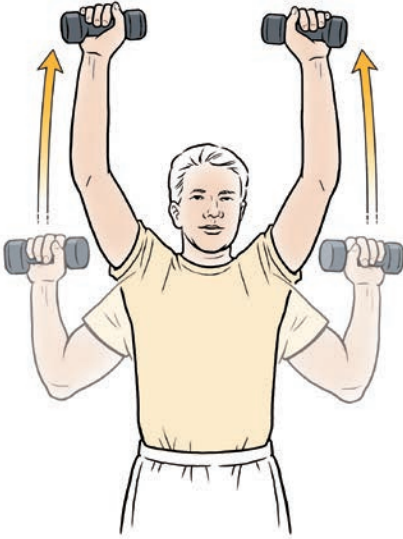


Quad stretch

1. Stand while holding on to a sturdy chair or countertop for balance. Inhale.
2. With your other hand, grasp the top of the foot (or pant leg) that is farthest from the chair. Pull back to meet the knee of the supporting leg. Breathe out. With hips straight ahead, keep your bent knee pointed toward the floor. Feel the stretch in your front thigh (quadriceps). Hold for 15 to 20 seconds while breathing freely. Release slowly.
3. Grasp the chair or countertop with your other hand. Repeat using your other leg.

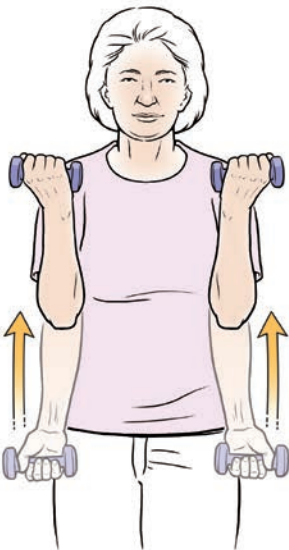
Increasing strength

Building muscle strength lets your body work more efficiently. This can help with shortness of breath. Try using hand weights, beanbags, or resistance bands to increase your effort. Remember to breathe as you do these exercises. Inhale as you rest or lower weight, and slowly exhale as you lift weight. Check with your provider before doing these exercises. Ask how often to repeat them.



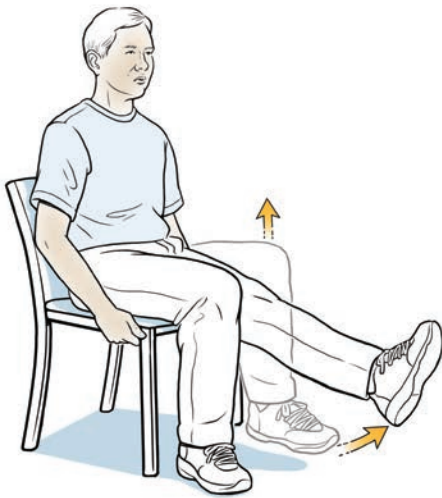
Shoulder press

1. Stand or sit while holding a weight in each hand at shoulder level. Your palms should face forward. Inhale.
2. Exhale as you slowly press the weights upward. Keep your arms slightly bent. Don't extend fully.
3. Inhale as you slowly lower the weights to your shoulders.
4. Repeat as directed.



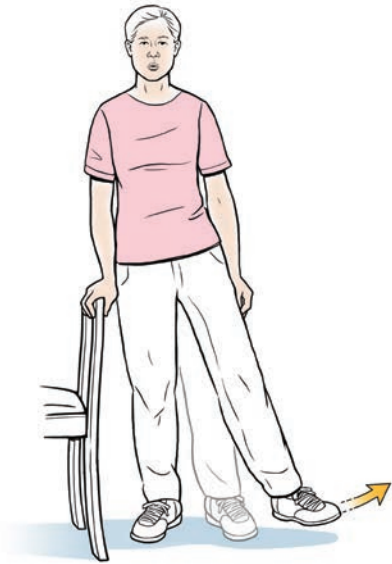
Biceps curl

1. Stand or sit with a weight in each hand. Keep your arms straight and very close to your sides, palms facing forward. Inhale.
2. Exhale as you slowly bend your arms and lift the weights to shoulder level.
3. Inhale as you slowly return to the starting position.
4. Repeat as directed.



Quad raise

1. Sit upright in a chair with shoulders relaxed and arms at your sides.
2. Inhale. While keeping your left leg bent, raise your knee off the chair. Then push out from the heel to straighten your leg as much as you can. Hold for 3 to 5 counts while exhaling.
3. Bend at the knee and bring your leg down. Inhale at the same time.
4. Repeat as directed. Then switch legs.



Side lift

1. Stand straight and hold on to a sturdy chair with 1 hand. Inhale.
2. Brush the heel of your left foot along the floor to the side. Exhale as you lift your foot off the floor. You should only be able to lift your foot a few inches.
3. Inhale as you bring your leg back to your side.
4. Repeat as directed. Then switch legs.

Tips to build strength

- Start with a half-pound weight. Then add another half-pound when the exercise becomes easy.
- Use cans of soup or water bottles if you don't have hand weights or beanbags.
- Use pursed-lip breathing during exercise. Slowly inhale through your nose. Then pucker your lips as if to whistle. Exhale through your mouth, taking at least twice as long as you took to breathe in.
- Rest between each set of exercises.

Saving energy

Shortness of breath can keep you from being as active as you once were. It may make everyday tasks take longer. You may not have as much energy or time to do things you enjoy. To get the most from your day: Plan, Prioritize, Position, and Pace. Your provider may have more tips.

Plan your day

Plan ahead. Planning saves time and energy. It also helps you avoid last-minute rushing.

- Write down your plans for the day or even the week.
- Figure out your best times for being active. You may have the most energy in the late morning. If so, cook dinner then and heat it up later. You could also make extra food and freeze it.
- Plan rest breaks after meals and throughout the day.
- Switch between easier and more tiring activities.

Prioritize efforts

Use your energy wisely, and be realistic about how much you can do. Save energy for the things that matter most to you.

- Ask yourself: Do I need to do this? If the answer is yes, go ahead. But keep in mind, the answer can be no.
- Decide which tasks can be done less often. Is there a better way to do them? Can you take turns with someone else?

Learn which tasks you need help with. Can someone else assist you with these?



Position yourself

Set up your workspace so you can do more with less energy.

- Use work surfaces that are at a comfortable height.
- Sit down whenever you can, not just for lengthy tasks.
- Keep items you use often handy, such as medicines.
- Store items between shoulder and waist level. That way, you can limit climbing, bending, and reaching.
- Put items back in their set places. Ask other family members to do the same. This prevents lengthy searches.

Pace yourself

To be most efficient, work at a relaxed, steady pace.

- Break tasks into small steps.
- Combine activities. For example, use a single bowl to mix, bake, serve, and store in.
- Use a cart you can roll from room to room to hold all the things you need. That way, you don't have to go back and forth. Some carts have seats so you can rest when you get tired.
- Use slow, smooth movements, especially when you're using increased effort.



Remember to breathe

Do you rush through your tasks? A lot of people do this hoping to avoid shortness of breath. Rushing actually uses more energy and makes shortness of breath worse. So take it slow and remember to breathe!

- Use pursed-lip breathing while you do a task.
- Exhale when you use effort. For example, breathe out as you lift a grocery bag. Once you're holding the bag, breathe in.
- Don't hold your breath. Instead, focus on your breathing.
- Inhale through your nose (normal breath). Exhale twice as long as you inhale.
- Remember, it's OK to be short of breath. Don't panic. Remember that you're in control. Pace yourself and do your pursed-lip breathing.

Moving smarter

How you use your body can also help you save energy. Move as slowly as you need to. As you move, don't hold your breath. Instead, do pursed-lip breathing. If you have trouble with the activities on these pages, your provider may tell you to use a quick-relief inhaler before you are active.



Getting out of bed

- If you are lying on your back, roll onto your side. Move your whole body as a unit. Don't twist.
- Move to the side of the bed. Inhale.
- As you exhale, press down with your arms to raise your body. Gently swing both legs to the floor.
- Inhale as you straighten your legs to stand. Then exhale and push off the bed with your hands.
- If you need to, hold on to something to steady yourself.

Getting into bed

- Back up until the backs of your legs touch the edge of the bed.
- Inhale and bend forward slightly from the hips. Exhale as you lower your body into a sitting position on the bed.
- Inhale. Then exhale as you lower yourself onto your side. Use your arm for support. Move your body as a unit, letting your feet lift onto the bed.
- If you want to sleep on your back, roll onto your back without twisting.

Climbing stairs

- Inhale before taking the first step. As you exhale, straighten your leg and raise your body to the next step. Keep your feet flat as you step up. Continue climbing until you finish exhaling. Then inhale before taking the next step.
- Use railings for support. Stop and rest if you need to.
- If you're carrying oxygen, try using a portable unit with a shoulder or hip strap. Or put the oxygen unit in a backpack.

Sitting and standing

- To sit, back up until the backs of your legs touch the chair edge. Inhale. Bend forward slightly from the hips (not the waist). Exhale as you use your leg muscles to lower your body onto the chair. Scoot back.
- To stand, scoot to the edge of the chair. Lean forward slightly so your nose is over your toes. Inhale. Then, while exhaling, push yourself up using your arms (against the arms of the chair or your thighs).
- It can be harder to get into and out of chairs that are very low, deep, or soft.

Lifting and carrying

- Get close to the object you're lifting. Bend at the hips and knees if you need to. Inhale and get a good grip. Then exhale as you lift, using your legs to raise both the object and your body.
- Carry the load close to your body. Hold it so that you can see where you're going.



From bedroom to bath

Your home can be rearranged to help you conserve energy and stay safe. Consider the suggestions on these pages. Get help from family and friends as needed.

Setting up the bedroom

- Keep a lamp on the nightstand or over the bed. The switch should be easy to reach.
- If your bedroom is upstairs, think about moving it to the first floor. If this isn't possible, set up your day so that after going downstairs you don't have to go back up until bedtime.
- Adjust the bed height. Your feet should touch the floor when you sit on the edge of the mattress.
- Have a piece of sturdy furniture next to the bed. It should be the same height as the bed. If needed, you can use it for support as you get into and out of bed.

- Keep your inhaler by your bed in case you need it at night or early in the morning.
- When making your bed, do 1 side first and then the other.

Moving from room to room

- Keep pathways and doorways clear. This includes removing small rugs.
- Keep hallways and stairs well lit.
- Have sturdy pieces of furniture or securely attached handrails along the hallway for support, if needed.
- Place a chair in the hallway (on the way to the bathroom, for example). Stop and rest if you need to.





Setting up the bathroom

- Take a shower instead of a tub bath. Have grab bars installed to help you get in and out of the shower safely.
- Get a handheld shower nozzle.
- Place a shelf within easy reach to hold soap, shampoo, and other bath items.
- Ask your healthcare team if you should use your quick-relief inhaler before taking a shower. If you're on oxygen, use it when you shower. Set the flow rate prescribed for your activity level.
- Sit on a stable, waterproof shower seat when showering.
- Steam can make breathing harder. To reduce steam, use warm water instead of hot. Run a fan or keep the window or door partly open.

- Dry off by wrapping yourself in a terry cloth robe.

Getting dressed

- Put clothes in drawers that are between waist and shoulder level.
- Adjust the height of closet racks so hangers are easy to reach.
- When dressing or undressing, make sure you're sitting down.
- You may be shown how to use aids such as a reacher, sock aid, and long-handled shoehorn.

Eating right

Eat a well-balanced diet for good health and energy. Include protein, fruits, vegetables, and grains each day. To keep up your energy, eat small meals often. Also, set up the kitchen to meet your needs. For best results, plan before you shop.



What you should eat

Try to maintain a balanced diet that includes a variety of these foods:

- **Protein** helps build muscle mass. It is found in meat, poultry, fish, and soy.
- **Dairy products** help keep bones and teeth strong. Dairy products are also high in protein. They include milk, cheese, and yogurt.
- **Fruits and vegetables** provide the vitamins and fiber you need to stay healthy.
- **Breads and starches** (carbs) help you sustain energy. Carbs that are high in fiber, such as whole-grain breads, may have longer-lasting effects than other carbs.
- **Fluids** keep you hydrated. Drinking fluids may also thin mucus. Drink plenty of water unless your provider tells you otherwise.

If you are having trouble after eating

The stomach is right under the diaphragm. A full stomach makes it harder for the diaphragm to move down. This can make breathing more difficult. Here are some tips that may help:

- Eat smaller meals throughout the day. That way, your stomach doesn't get as full and your lungs have more room to expand.
- Chew slowly with your mouth closed. This helps you not swallow air.
- Try to not eat or limit foods that cause gas. Gas makes the stomach swell and press on the diaphragm. Onions and cabbage are 2 foods that can cause gas. Not all foods have the same effects on all people. Keep track of the ones that cause problems for you.

Setting up your kitchen

- Make sure the items you use most (such as a microwave or coffeemaker) are easy to reach.
- Keep pots and pans where you can get to them without reaching or bending (such as on the stove).
- Keep jar openers and other aids handy.
- Sit on a stool when working at the counter.
- Use appliances such as a blender, electric can opener, and dishwasher to make cooking and cleaning easier.
- To move a pot or other heavy object, put it down on a potholder. Then pull the potholder across the counter.

Grocery shopping

- Pick a stable shopping cart. Lean on the cart to rest as you shop. If you use oxygen, put the unit in the cart.
- Shop with a buddy or get help from a store clerk. Have this person get items from top and bottom shelves.
- Ask that your bags be packed light. If you need help loading your car, don't be afraid to ask.



▶▶ Store kitchen gear you use often in a place that's easy to reach without a lot of effort.

If you can't shop

Are you not able to shop? There are other ways to get the things you need. The suggestions below can help you get started. Your provider may have ideas.

- Contact Meals on Wheels about having meals delivered.
- Ask your local grocery and pharmacy if they deliver. Or look for delivery service online.
- Buy clothes, books, and other items online or by catalogs.
- Ask at your church or senior center about programs that can help.
- Ask friends and family members if they can help.
- Find out if your health insurance offers a mail-order prescription program.

Avoiding irritants and allergens

People with COPD need to avoid irritants (particles that irritate the airways). Some people are also sensitive to allergens (substances that cause allergies). You'll likely breathe better if you stay away from the substances that bother you.

Irritants to avoid

Smoke. This includes any kind of smoking material, wood stoves, and fireplaces.

- Don't smoke and don't let anyone else smoke near you or in your home. Ask your provider for resources to help you quit.
- Avoid places where people are smoking. Ask for smoke-free hotel rooms and rental cars.
- Make sure fireplaces and wood stoves are well ventilated. Sit away from them.

Smog. This is made up of car exhaust and other air pollutants.

- Check local air quality reports online or in the newspaper.
- Stay indoors as much as you can when air quality is poor.

Strong odors. These include room fresheners, cleaning products, and perfume. Cooking can be another cause of strong odors.

- Don't use bleach and ammonia for cleaning.
- Use scent-free deodorant, lotion, and other products.
- Use a vent fan when cooking.

Other irritants. These include dust, aerosol sprays, and fine powders. Wear a mask while doing tasks like dusting, vacuuming, sweeping, and yard work.

Cold weather. This can make breathing more difficult. Protect your lungs by wearing a scarf over your mouth and nose.

Allergens you may need to avoid

If you have allergies, allergens can cause inflammation in your lungs. Below are 4 common allergens. Ask your provider if you need to avoid them. Also ask for tips on how best to avoid them.

Pollen. This is made by trees, grasses, and weeds.

Animal dander. This is shed by animals with fur or feathers. The particles can float through the air and stick to carpet, clothing, and furniture.

Dust mites. These are tiny bugs too small to see. They live in bedding, carpets, curtains, upholstered furniture, and indoor dust.

Mold. This grows in damp places, such as bathrooms, basements, and closets.

Your emotional health

When you have COPD, it's normal to have good days and bad days. Make sure to take care of yourself emotionally, as well as physically. You can take steps to feel more in control of your health and your life. Look to your provider, family, and friends for help and support.

Staying in control

COPD can affect your independence. This can lead to feelings of anger, frustration, and depression. These tips may help you feel more in control of your life:

- Keep doing things you enjoy. When you're planning your day, make sure to include some activities that are just for fun.
- Stay involved with friends and family. This may mean inviting people over to your house more often. Talk about your feelings with people close to you.

Watch for depression

Having COPD can be hard to cope with. You may feel sad sometimes. This is common and understandable. But you should watch for signs of overwhelming sadness that may be depression. Talk to your provider or a therapist if you lose interest in life and things you used to enjoy. Treatment can help you feel better. When depression is under control, your overall health may also improve.

Staying intimate with your partner

Even if you use oxygen, having COPD doesn't mean you have to give up sex. Talk to your partner. Work together to make sex enjoyable for both of you. Don't be afraid to talk to your provider as well. Keep in mind:



- Sex may be more enjoyable when you're rested.
- Some positions need less energy, such as lying on your side or your back.
- Using your fast-acting inhaler before sex may help (ask your provider).
- It's OK if you don't feel like having sex. You can show your love in other ways. Try hugging, giving your partner a back rub, or just saying, "I love you."

Taking control of your COPD

Frequent exercise, correct breathing methods, and a little planning can help you control your symptoms of COPD. You'll feel better and have more energy. Then you can do more of the things you want to do. This includes having fun!

Support can help

Pulmonary rehabilitation programs, COPD support groups, and some associations can be good sources of information. To find out more, contact these resources:

- **American Lung Association**
800-586-4872
www.lung.org
- **COPD Foundation**
866-316-2673
www.copdfoundation.org



Also available in Spanish

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