

Exercising with COPD

If you have COPD, exercising regularly can help **improve your breathing, reduce your symptoms and improve your quality of life.** Ready to get started?

Everyone has a starting point - choose activities that suit you and **build up slowly** to a more active life – try walking or chair exercises to start.

Exercise as much as you can, **twice a day** – the amount you can do will of course depend on your individual circumstances.

Exercising until you're **a little breathless** is safe, but do not push yourself too far – if you can say “this activity is going to do me good!” with 2 or 3 stops for breath, you're working at moderate intensity.

Moderate activity

- Brisk walking
- Dancing or chair dancing
- Housework
- Climbing stairs

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Strength

- Chair exercises
- Heavy gardening
- Carrying shopping bags
- Tai chi or yoga

→ Turn over for more ideas

My goal

What goal do you want to achieve?

What will you do next to move towards this goal?

When do you want to achieve it by?

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Finding the right activity for you

Exercising in everyday life Try activities like going for a walk (by yourself, with a dog or with a friend), getting off the bus one stop earlier, climbing the stairs, doing heavy gardening or housework, playing with children or grandchildren.

Exercising from a chair Try activities like chair dancing, lifting weights (or bottles of water/food cans), using a pedal exerciser, seated stretches, seated Tai Chi – if you can, look for online videos for chair-based exercises.

Group exercise and classes Try activities like walking groups, walking sports (e.g., walking netball) and yoga or Tai Chi classes. Some people with COPD find that singing groups also help improve their lung capacity.

Exercising on oxygen You can still do some exercises whilst on oxygen treatment – you may find it helpful to use longer tubing on your oxygen tank for more freedom to move around when exercising.

Knowing when to slow down

When exercising, if you experience a big increase in breathlessness, new or worsening chest pain, a sudden onset of rapid palpitations, dizziness, a change in vision, or a reduction in exercise capacity, **stop and seek medical review.**