

# EXERCISE TRAINING WITH CHRONIC LUNG DISEASE



With chronic lung disease, you may develop a lower exercise tolerance (the amount of exercise one can endure before feeling breathless and tired). This may result in weakened bodily functions and a lower quality of life.

If left unaddressed, it may lead to a decreased ability to perform activities of daily living (e.g. dressing, showering) with ease, and may also cause one to feel breathless at rest.



Exercise helps to strengthen your muscles and increase your endurance, which breaks the cycle of inactivity.

Exercise helps you to:

- ✓ Do more before feeling breathless
- ✓ Reduce your level of breathlessness

## STARTING AN EXERCISE PROGRAMME

**When you exercise, take note of:**

- Breathlessness: you should still be able to talk, but not sing
- Oxygen levels: it should be more than \*90% when measuring with a pulse oximeter (\*Unless stated by a physician)

**Before exercise:**

- Ensure that you have taken your prescribed medications
- Always carry your rescue inhaler when exercising
- Wear comfortable clothes and proper footwear
- Perform warm up exercises

**During exercise:**

- Pace yourself throughout the exercise session
- Increase the intensity and duration of your exercises over time and focus more on duration
- Ensure the use of oxygen during your exercise (if prescribed by your healthcare professional)
- Perform cool down exercises after you are done

**Examples of Strength Training:**



### Recommended Exercises:

#### Endurance Training

- 3-5 times per week
- 30 minutes per session, accumulating to 150 minutes per week
- Do moderate intensity exercises where you are still able to talk, but not sing during the exercise
- E.g. Walking, cycling

#### Strength Training

- 2-3 times per week
- Start with 1-3 sets of 10-15 repetitions
- Gradually progress to using heavier weights and complete 1-3 sets of 8-10 repetitions
- E.g. Exercises targeting the upper body, abdominals and lower body

Air Master by

