



# Home Exercise Booklet



Name: \_\_\_\_\_

# **Important Notice:**

**Please go through the checklist below before starting this home exercise programme. It is important to ensure you are medically stable to exercise before commencing with this programme.**

If there there been a change or worsening of any of the following symptoms - chest pain, dizziness, palpitations, shortness of breath - **you should avoid exercise and seek advice from your GP.**

1. Have you taken your prescribed medications as normal?
2. Are you free from symptoms of?
  - Vomiting and diarrhoea
  - Nausea
  - Flu
  - Infection
3. If prescribed, do you have your reliever (blue) Inhaler and/or GTN spray to hand?
4. Have you had something to eat within the last 3 hours?
5. If you are diabetic and measure your blood sugars yourself, is your current reading within the recommended range of 5.5-13mmol?
6. Do you have adequate space for exercise that is free from clutter and well ventilated?
7. Are you wearing appropriate clothes and footwear?



**If you answer YES to questions 1-7, you are ready to perform your exercise programme safely.**

**If you answered YES to questions 1-7 and have no new or worsening symptoms of chest pain, dizziness, palpitations and/or shortness of breath, then it is reasonably safe for you to participate in physical activity, gradually building up from your current ability level.**

*I have read, understood and accurately completed this pre-activity questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury. I understand that I should consult with my doctor or healthcare professional to clarify that it is safe for me to become physically active at this current time and in my current state of health.*

### **How can exercise help when you have a lung condition?**

There are a whole host of benefits associated with being more regularly active, such as being able to walk further and managing the stairs. You will start to feel less breathless doing day-to-day activities and household chores.

As well as promoting deep breathing, good lung expansion and helping with sputum clearance, regular exercise and physical activity...

<b>Improves...</b>	<b>Reduces the risk of...</b>
Cholesterol levels	Heart disease
Strength of your heart and circulation	Stroke
Energy Levels	Osteoarthritis
Stamina	Osteoporosis
Muscle strength	High blood pressure
Strength of breathing muscles	Anxiety, stress and depression
Flexibility and Mobility	Developing diabetes
Social interaction	Some cancers
Weight management	Falls
Mood and self confidence	Further lung deterioration
<b>Quality of life</b>	<b>Breathlessness during daily activities</b>

How much exercise and physical activity should we aim to do **per week**?

**For adults, including those with a lung disease**

**Aerobic**

150 minutes a week moderate intensity exercise

**Strength Training**

2 days per week

**Plus Spend Less Time Sitting**



Over a week, activity should add up to at least 2½ hours of **moderate intensity** aerobic activity. These can be activities such as brisk walking, swimming, gardening, cycling and housework. One way to approach this is to do 30 minutes on 5 days a week.

We should also undertake physical activity to improve muscle strength (weights) on at least two days a week.

(You may struggle to meet these guidelines due to the severity of your condition or other health problems. If this is the case, do not worry as an Exercise Physiologist from the Breathe Programme team will guide you on what you *can* do.)

### **Exercise Intensity**

It is vitally important that you exercise at a safe intensity level. This means working to a level of breathless that is **moderate** and an effort level that is **light to somewhat hard**. You should be able to hold a basic conversation while exerting yourself and should not be gasping for breath.

# Exercise Intensity

- You should exercise at a **moderate** intensity and level of breathlessness
- **3** on the RPB scale
- **Talk test** – you should be able to maintain some conversation while active. Use the talk test to check.



Rate of Perceived Breathlessness (RPB)	
0	NOTHING AT ALL
0.5	VERY, VERY SLIGHT
1	VERY SLIGHT
2	SLIGHT
3	<b>MODERATE</b>
4	SOMEWHAT SEVERE
5	SEVERE
6	
7	VERY SEVERE
8	
9	VERY, VERY SEVERE
10	MAXIMAL

# Warm Up and Cool Down

**Warm up** before you begin your main exercise session

- Start slow and at a light intensity (walk on the spot)
- Include range of movement exercises and stretches (**see next page for warm up stretches and exercises**)

**Cool down** after you have been exercising

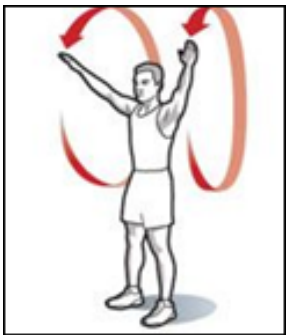
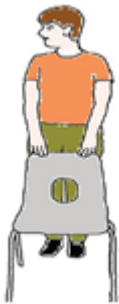





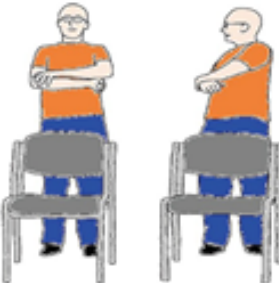


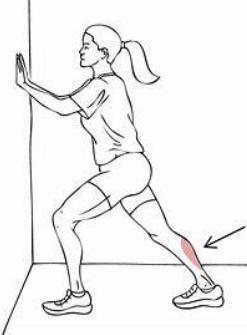
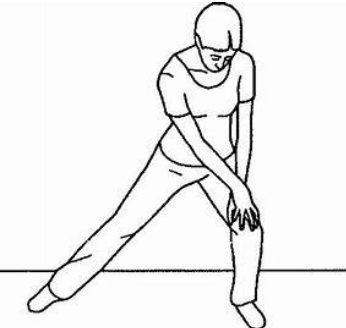
- Slowly bring the body to a stop
- Include stretches which will help reduce muscle soreness the next day

**Tips:**




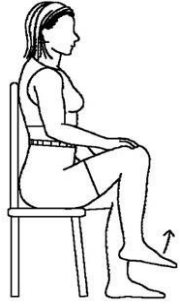
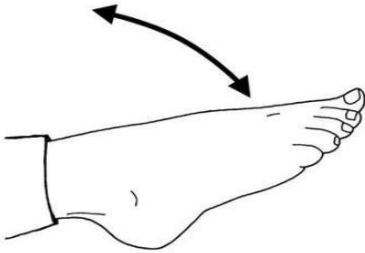
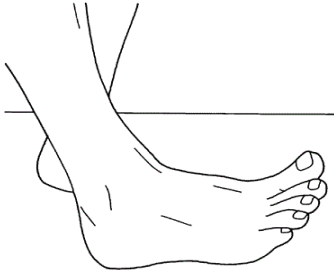
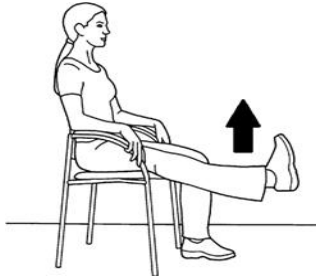



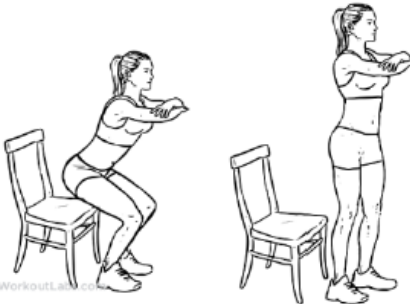

- **Warm up for a minimum of 10 minutes**
- **Cool down for a minimum of 5 minutes**
- **Hold each stretch for 10-30 seconds**



**Warm up and cool down – walking steadily on the spot in between doing each of these for 10-30 seconds:**

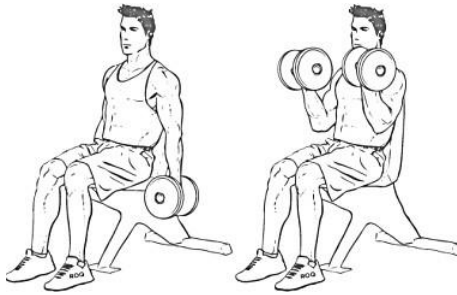
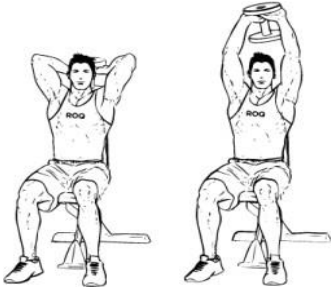
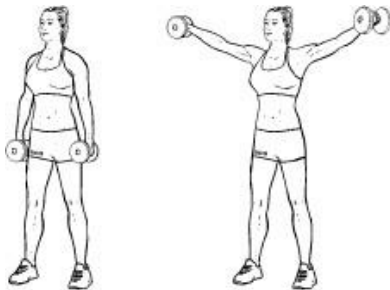
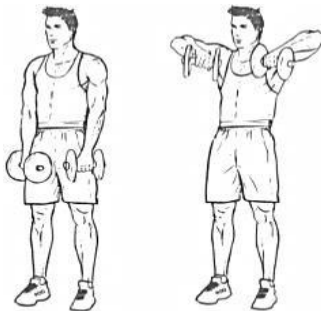
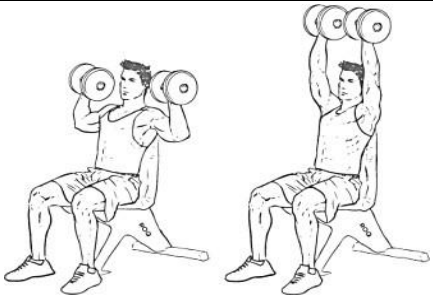
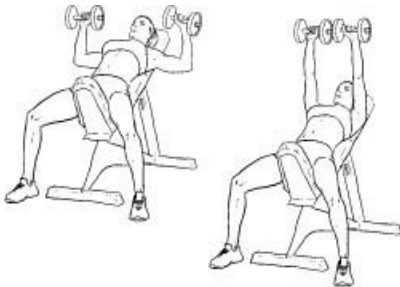
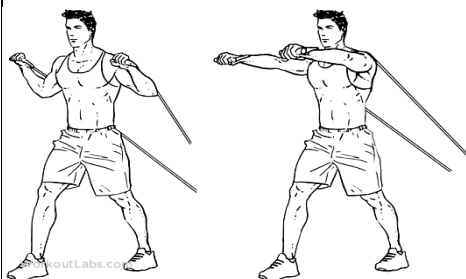
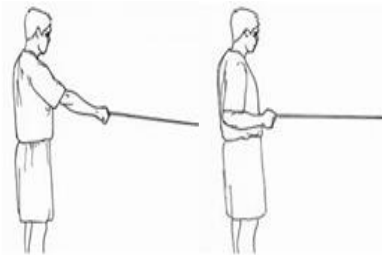
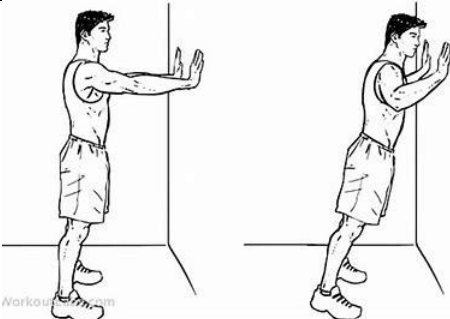
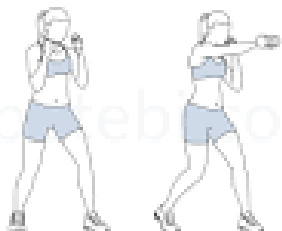
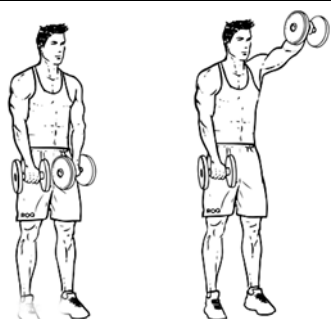
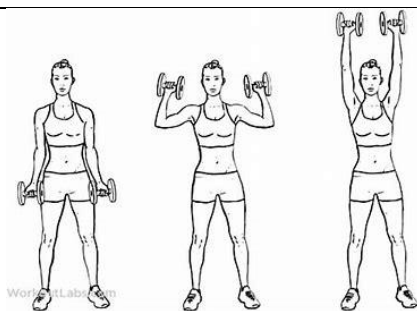
<b>Arm circles</b> <input type="checkbox"/> 	<b>Neck rotations</b> <input type="checkbox"/> 	<b>Back stretch</b> <input type="checkbox"/> 	<b>Chest stretch</b> <input type="checkbox"/> 
<b>Shoulder rolls</b> <input type="checkbox"/> 	<b>Shoulder stretch</b> <input type="checkbox"/> 	<b>Tricep stretch</b> <input type="checkbox"/> 	<b>Trunk rotations</b> <input type="checkbox"/> 
<b>Hamstring stretch</b> <input type="checkbox"/> 	<b>Front thigh stretch</b> <input type="checkbox"/> 	<b>Calf stretch</b> <input type="checkbox"/> 	<b>Inner thigh stretch</b> <input type="checkbox"/> 

## Lower body exercises:

<b>Walk</b> <input type="checkbox"/> 	<b>Cycle</b> <input type="checkbox"/> 	<b>Step</b> <input type="checkbox"/> 	<b>Seated walk</b> <input type="checkbox"/> 
<b>Ankle raises</b> <input type="checkbox"/> 	<b>Ankle rotations</b> <input type="checkbox"/> 	<b>Seated leg raises</b> <input type="checkbox"/> 	<b>Single leg Balance</b> <input type="checkbox"/> 
<b>Lunges</b> <input type="checkbox"/> 	<b>Calf raises</b> <input type="checkbox"/> 	<b>Sit to stand</b> <input type="checkbox"/> 	<b>Marching on the spot</b> <input type="checkbox"/> 



## Upper body exercises:

<b>Bicep curl</b> <input type="checkbox"/> 	<b>Tricep extension</b> <input type="checkbox"/> 	<b>Lateral raise</b> <input type="checkbox"/> 	<b>Upright row</b> <input type="checkbox"/> 
<b>Shoulder press</b> <input type="checkbox"/> 	<b>Chest press (Dumbbells)</b> <input type="checkbox"/> 	<b>Chest press (theraband)</b> <input type="checkbox"/> 	<b>Standing Row</b> <input type="checkbox"/> 
<b>Wall press</b> <input type="checkbox"/> 	<b>Punching</b> <input type="checkbox"/> 	<b>Front raise</b> <input type="checkbox"/> 	<b>Curl and press</b> <input type="checkbox"/> 

**Exercise Diary:** complete your exercises and score your Rating of Perceived Exertion. To progress your workload (WL), increase the minutes, sets, or repetitions. These exercises should feel light to somewhat hard (RPE 11-13), and your breathing should allow you to maintain uninterrupted conversation throughout.

[illegible]

**Exercise Diary:** complete your exercises and score your Rating of Perceived Exertion. To progress your workload (WL), increase the minutes, sets, or repetitions. These exercises should feel light to somewhat hard (RPE 11-13), and your breathing should allow you to maintain uninterrupted conversation throughout.

[illegible]

**Exercise Diary:** complete your exercises and score your Rating of Perceived Exertion. To progress your workload (WL), increase the minutes, sets, or repetitions. These exercises should feel light to somewhat hard (RPE 11-13), and your breathing should allow you to maintain uninterrupted conversation throughout.

[illegible]

# Rating of Perceived Exertion (RPE)

6 No exertion at all

7 Extremely light

8

9 Very light

10

11 Light

12

13 Somewhat hard

14

15 Hard (heavy)

16

17 Very hard

18

19 Extremely hard

20 Maximal exertion

## Useful resources



Liverpool Heart & Chest Hospital NHS Foundation Trust

For further information visit

**[www.thebreatheprogramme.co.uk](http://www.thebreatheprogramme.co.uk)**

### Exercise

- **Sport England:** Join the movement – <https://bit.ly/2APAUJS>
- **Fit for me:** Home activities – <https://bit.ly/3cYOejR>
- **Healthiness:** Facebook and Youtube videos – <https://bit.ly/3aiuXaJ>
- **Royal Osteoporosis Society:** Videos for people with osteopenia, osteoporosis, or previous spinal fractures – <https://bit.ly/2XWgajL>
- **Tune in to 10Today:** 10 minute workouts – <https://bit.ly/2XQCxqw>
- **Chartered Society of Physiotherapy:** Being active with a long term condition – <https://bit.ly/2Vllg5Z>
- **NHS:** Physical activity guidelines – <https://bit.ly/2VnShzl>
- **AgeUK:** Looking after yourself physically and mentally – <https://bit.ly/3eF4qrQ>
- **AgeUK:** Keep active and reduce your risk of falling – <https://bit.ly/3aoTMSD>

### Nutrition

- **British Dietetic Association:** General advice – <https://bit.ly/2VHi9FR>
- **Friends of the Elderly Group:** Nutrition/hydration – <https://bit.ly/3cwu1B9>

### Mind

- **PsychologyTools:** Living with anxiety <https://bit.ly/3bqpiAT>
- **FreeMindfulness:** Mindfulness – <https://bit.ly/3amvl8l>
- **Headspace:** 10 days free meditation – <https://bit.ly/34QBpoh>