

## Exercise and chronic respiratory disease

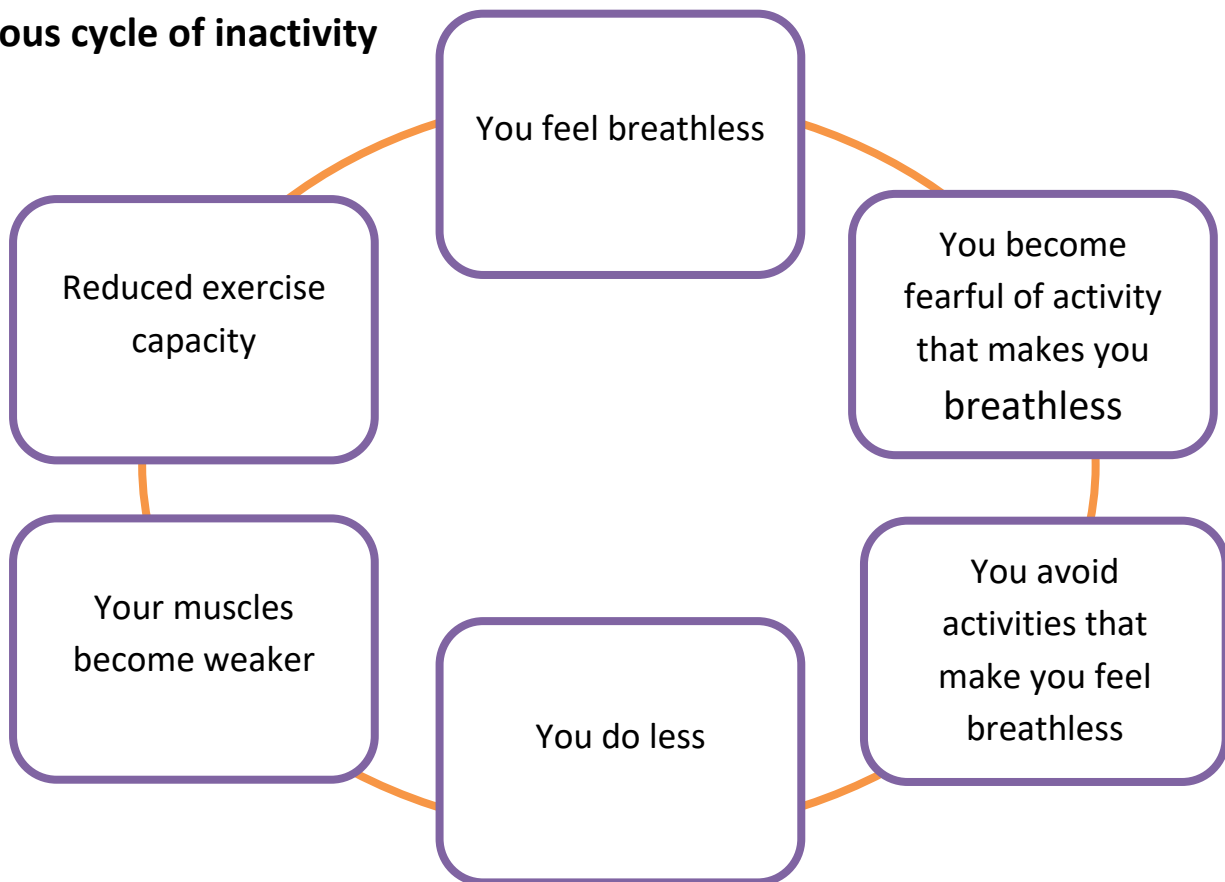
### Why is being active so important to me?

The fear of getting out of breath may put you off doing any activity which in turn may make you more breathless.

Being active however, can improve your breathing and quality of life.

If you increase your fitness you will get less out of breath doing every day activities like shopping, climbing the stairs, and housework.

### Viscous cycle of inactivity



### Recommended Activity Levels for adults, including those with a lung disease

#### Aerobic Exercise

**150 minutes a week moderate intensity exercise**

(This works your heart and lungs. Your body warms up, your heart beats faster and your breathing is quicker and deeper. Examples: **swimming, cycling, water aerobics, brisk walking, dancing, gardening.**)

**Plus...**

**Strength Training - 2 days per week**

(Strength exercises are counted in repetitions and sets. Perform 8-12 exercises which target all the major muscle groups. You could also do **yoga** or use **body weight exercises, weights or resistance band exercises**)

You should aim to work at **moderate** intensity (**Number 3**) on the RPB scale whilst exercising.

If your breathlessness becomes higher than a 3 then reduce the intensity of your exercise or stop and have a rest to allow time for your breathlessness to recover.

A good way to assess your RPB is using the talk test.

#### **Talk test**

You should be able to hold a conversation without gasping for breath. If you are struggling to do so then you are probably working at an RPB greater than 3.

#### **Day to day activities**

The RPB scale and talk test can also be applied to everyday activities such as shopping, gardening, cleaning and climbing the stairs. Taking part in structured exercise is proven to make these kinds of tasks easier.

★ **Remember to warm up and cool down** ★

	NOTHING AT ALL
0.5	VERY, VERY SLIGHT
1	VERY SLIGHT
2	SLIGHT
<b>3</b>	<b>MODERATE</b>
4	SOMEWHAT SEVERE
5	SEVERE
6	
7	VERY SEVERE
8	
9	VERY, VERY SEVERE
10	MAXIMAL

### **What happens after The Breathe Programme? – Ask the team about the following:**

★ **Home Exercise Programme**

★ **Exercise for Health**

**Website:** <https://www.liverpool.gov.uk/lifestyles/services/gp-referrals/>

★ **Healthiness**

**Call:** 0151 728 8874 **Website:** <http://healthinessltd.co.uk/>

★ **Walking for Health**

**Call:** 0151 233 6355

**Website:** <https://www.walkingforhealth.org.uk/walkfinder/liverpool-fit-for-me-walks>.

★ **LiveWire Liverpool Health Trainers**

**Call:** 0300 00 32 32 2 **Website:** <https://livewireliverpool.co.uk/>

#### **Do Not Exercise If...**

You have a chest infection or are on antibiotics

You do not have your blue inhaler or GTN spray (if prescribed) with you

**STOP** if you get any sudden symptoms, including: chest pain or tightness, feeling dizzy, feeling increasingly wheezy. Seek advice from a health care professional

**For Further information visit: [www.thebreatheprogramme.co.uk](http://www.thebreatheprogramme.co.uk)**