

# Pulmonary Rehabilitation At Home

While at no greater risk of contracting COVID-19, people with lung disease are at higher risk for becoming seriously ill if they do become infected. Continuing your respiratory therapy is an important way to stay healthy.

As many pulmonary groups are suspending programs during this outbreak, we do not want social distancing to stop you from getting the exercise you need. RHA worked with pulmonary rehabilitation leaders to gather several tips to help you work out at home.

We recognize the COVID-19 outbreak may be stressful for some people. One of the best things people can do to support themselves is to take care of their bodies whether that be through regular exercise, meditation, or healthy eating.

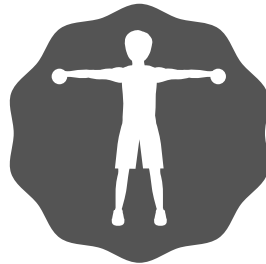
## Pulmonary Rehabilitation Leaders Suggest:



Exercise at least three times a week for 30 minutes a day



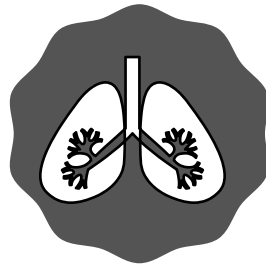
Walk around the house



March in place, chair dance, do arm circles or leg lifts, and lift small weights or canned goods



Go up and down a few stairs



While listening to soft music, practice deep breathing exercises