

# Living Better Together: Find Your STRENGTH



## Exercising with Oxygen

People who use supplemental oxygen should follow some simple tips when exercising. If you are on oxygen, speak with your doctor before beginning any exercise program.

- 1 Some people carry their oxygen cylinders in a small suitcase with wheels.
- 2 Do leg and arm exercises that don't require a lot of movement like extensions and curls.
- 3 Slow, low impact exercises, like yoga or stationary biking at slow speeds, help build strength and lung health.
- 4 Breathe slowly during your exercises, and if you start to feel worse, stop immediately.

Exercise is important for people living with COPD. It can improve muscle strength, reduce breathlessness and tiredness, and improve your quality of life. Even if you can't leave the house, there are exercises you can do at home.

## Exercising at Home

Your home exercise plan should include lower and upper body endurance training, strength training, 2-3 stretches, and practice breathing. The next two pages will help you make your own exercise plan. It is okay to start slowly and build up to exercise 3-5 times per week. If you don't have exercise weights at home, you can use items around the home like soup cans or detergent containers.

## Exercising Safely

Review this booklet with your doctor or healthcare team to make sure these exercises are right for you. Exercise should not cause pain or discomfort. Please review the COPD profile packet to review warning signs of over-exertion. If you experience nausea, chest pain, dizziness, shortness of breath, or wheezing, stop exercising and rest. If these symptoms continue, call your doctor.

# Choose Your Exercises



Choose one exercise from each section below. Remember to warm up and cool down with stretches! For detailed stretching and breathing instructions, please review the Healthier at Home Packet.

## Section A - Leg Exercises

Walking	Track, around town, treadmill	Leg training helps stamina, balance, and performance in everyday activities like showering or washing dishes.	Walk, cycle, or climb for 15 minutes, taking breaks as needed.
Cycling	Stationary or traditional		
Stair Climbing	At home, around town, parks		

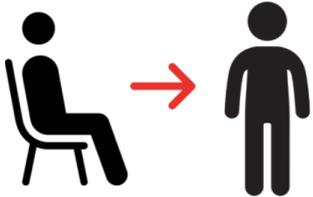
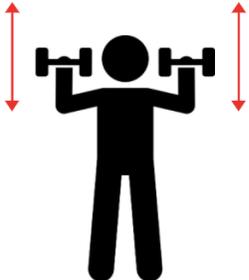
## Section B - Upper Body Exercises

Arms Together		Start with arms by your sides. Lift your arms until they are at shoulder height. Move arms forwards to meet in the middle, keeping elbows straight. Move arms back out. Bring arms back to your sides again. Repeat 10-15 times.
Arm Raises		Sit or stand for this exercise. Hold a weight with hands at knee height. Lift weight above head, then lower. Breathe in while lifting weight up and out while lowering bar down. Repeat 10-15 times.

# Choose Your Exercises



## Section C - Strength Exercises

<p>Knee Extensions Sitting</p>		<p>Sit in a chair with both feet on the ground. Lift and straighten one knee. Hold the knee straight for five seconds, then bring back to ground. Repeat on other leg.</p>	<p>Do 6 to 10 times. Repeat.</p>
<p>Sit to Stand</p>		<p>Sit in a chair with both feet on the ground and arms hanging down by your sides. Stand up and then sit back down.</p>	<p>Do 6 to 10 times. Repeat.</p>
<p>Bicep Curl</p>		<p>Sit or stand with arms by your sides. Bend one arm at the elbow to lift your hand towards your shoulder, then lower. Repeat with your other arm.</p>	<p>Do 6 to 10 times. Repeat.</p>
<p>Shoulder Press</p>		<p>Hold a weight in each hand at shoulder height. With one arm, lift the weight straight up and down. Repeat with other arm.</p>	<p>Do 6 to 10 times. Repeat.</p>

**RESPHEALTH.ORG**

For more information contact us at [info@resphealth.org](mailto:info@resphealth.org) or 888-880-5864.

Funding for this initiative was provided by the Learn More Breathe Better<sup>SM</sup> program of the National Heart, Lung, and Blood Institute.

# Track Your Exercises



Build your plan using the exercises on pages 2 and 3. Use this chart to keep track of your exercises. Make copies of this page or contact RHA for more sheets.

	Day 1 / /	2 / /	3 / /	4 / /	5 / /
A					
B					
C					
Stretches					

	Day 1 / /	2 / /	3 / /	4 / /	5 / /
A					
B					
C					
Stretches					

	Day 1 / /	2 / /	3 / /	4 / /	5 / /
A					
B					
C					
Stretches					