

EXERCISE AND COPD

COPD Community Exercise Clinic

Exercise is a specific type of physical activity that is planned, structured and purposeful. The goal of exercise is to increase our physical fitness. Exercise is beneficial to improving our health.

Types of Exercise

Aerobic Exercise involves repetitive movements of large muscle groups done for a longer amount of time. Examples include walking (indoors, outdoors, treadmill), cycling (outdoors, stationary) and swimming.

Resistance Exercise involves movements with added resistance for a determined amount of repetitions. Examples include exercises with dumbbells, weight machines, kettlebells and resistance bands.

Benefits of Exercise



Improved Lung Function



Reduced Flare Ups



Improved Confidence



Improved overall fitness level

Exercise Guidelines

- Aim to achieve a minimum of 150 minutes of light-moderate intensity aerobic exercise per week
- The time can be broken down into smaller portions, such as walking 2x15 minutes a day for 5 days a week
- Aim to achieve 2-3 resistance training sessions per week. Ensure to include all major muscle groups
- Always be sure to pay attention to your symptoms of breathlessness – you can use this BORG Scale of Breathlessness to ensure you are not exceeding a moderate level – you should feel additional effort in breathing, but you should be able to continue with the exercise at that level

Scale of Perceived Exertion

Intensity of the Sensation
(breathlessness, fatigue)

0 None At All

1 Very Light

2 Light

3 Moderate

4 Somewhat Hard

5 Hard

6

7 Very Hard

8

9 Very Very Hard

10 Maximum



0 - 3



4 - 7



8 - 10

Level 3 is where you should be. This is where you are breathing easily and you can easily complete the exercise. You should be able to walk and talk comfortably.

IMPORTANT - Do not go over level 5. If you go over level 5, your exercise intensity is too high.