



**GET ACTIVE**  
Gold Coast

## BEING ACTIVE WITH A HEALTH CONCERN: *lung disease*



***ALWAYS plan your physical activity program under the supervision of your doctor or health care professional. Your health care professional can help select and monitor the most suitable activities for you!***

Being physical activity is something many people with chronic lung disease find really difficult. People who are short of breath often find activity harder and harder to do over time. People who have chronic lung conditions and who exercise regularly, such as walking or cycling for more than two hours per week, can improve their health. As a result, they will feel better and stay well. Benefits include:

- A stronger, healthier heart
- Improved strength
- Improved breathing
- Reduced breathlessness during daily activities
- Improved balance
- Improved bone density

Breathing exercises can improve the strength of the diaphragm and aid in getting more air into the lungs. It may also help bring up deep-seated mucous and keep the lungs and chest wall mobile.

### **STAY ACTIVE:**

People who have chronic lung conditions are often less active and can lose their fitness and muscle strength. Regular activity can maintain or improve a person's fitness and muscle strength.

Being active and some doing breathing exercises will help a person with lung disease build their physical fitness. Consider activities that interest you, like walking, gardening, dancing, playing golf or water-based activities.

Discuss a home program with your health care professional to help build your physical fitness and make it easier to complete your daily tasks.

For further information talk to your health professional or contact:

**The Australian Lung Foundation**

**Phone:** 1800 654 301

**Web:** [www.lungfoundation.com.au](http://www.lungfoundation.com.au)



*"When you can't breathe...nothing else matters"™*

*Get up, get out...get active!*

[www.getactivegoldcoast.com.au](http://www.getactivegoldcoast.com.au)