

## **Before you exercise**

Exercise is not recommended if you have a chest infection or a flare up of your lung condition that has not been treated. Before you exercise, please ensure you have checked that you do not have any symptoms of a flare up.

### **Warning signs for a moderate flare up:**

- more wheezy or breathless than normal
- increased cough or sputum, change in colour of sputum
- loss of appetite or difficulty sleeping
- taking more reliever medication than normal

If you have any of these warning signs of a moderate flare up, please do not start your exercise. Instead, ring:

**Name:** \_\_\_\_\_

**Ph:** \_\_\_\_\_

The physiotherapist may ask you contact your local doctor or respiratory specialist.

### **Warning signs for a severe flare up:**

- unable to perform normal activities like bathing and dressing
- fever or chills
- increased swelling of ankles
- extremely short of breath

**If you have any of these warning signs of a severe flare up, please call the ambulance on 000 and tell them you have COPD.**