



# Better Living with **Exercise**

YOUR PERSONAL GUIDE



This exercise guide belongs to:

Contact:



**LUNG**  
**FOUNDATION**  
AUSTRALIA

*"When you can't breathe...  
nothing else matters"<sup>®</sup>*



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## Acknowledgements

Lung Foundation Australia wishes to acknowledge the efforts of all those involved in the development of *Better Living with Exercise – Your Personal Guide*.

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# Introduction

Congratulations on taking an active approach to managing your lung condition. *Better Living with Exercise - Your Personal Guide* was developed by Lung Foundation Australia to help you and your treating exercise professional develop the most suitable exercise program for you to improve your physical and social wellbeing.

Your exercise program will be prescribed based on your individual health status and the goals you want to achieve. You will not be asked to do anything that you are not comfortable with, and will be encouraged to take a key role in developing your program.

*Better Living with Exercise - Your Personal Guide* has been designed to be used from pulmonary rehabilitation, through to pulmonary maintenance exercise in conjunction with your exercise professional (for example; Accredited Exercise Physiologist or Physiotherapist). If you have not previously undertaken pulmonary rehabilitation, you may like to consider discussing the benefits of such a program with your lung specialist or GP.

Here are some outcomes that you may expect as a result of participating in pulmonary rehabilitation and improving your physical activity levels:

## Reduction in

- Breathlessness
- Fatigue
- Level of symptoms relating to depression and anxiety
- Hospitalisations

## Improvement in

- Physical capacity to perform everyday activities
- Quality of life
- Sense of control over lung condition

*Better Living with Exercise – Your Personal Guide* is only to be used once you have received medical clearance to exercise by your doctor.

Please note that this guide is designed to compliment existing educational resources developed by Lung Foundation Australia, such as *Better Living with COPD - A Patient Guide*. To view our suite of resources visit page 26-27 or contact Lung Foundation Australia's Information and Support Centre.

Lung Foundation Australia's Information and Support Centre can be contacted on TOLL Free 1800 654 301.



## Exercise Safety

The safest and best way to learn how to exercise if you have a chronic lung condition is to take part in a pulmonary rehabilitation program.

To be safe during exercise make sure you:

- ✓ Have been clearly shown how to perform the exercises by an appropriately trained exercise professional before commencing.
- ✓ Have taken your reliever inhalers before exercising if prescribed by your doctor to do so, and have them with you throughout.
- ✓ Drink enough fluids.
- ✓ Use recovery positions to reduce breathlessness.
- ✓ Use pursed lip breathing.
- ✓ Use your oxygen for exercise, if it has been prescribed by your doctor.
- ✓ Are adequately warmed up before commencing.
- ✓ Restart your exercise program at a lower intensity if you have not exercised for a while or you have been unwell.
  
- ✗ Avoid strenuous exercise if you have a fever, a flare up of your condition or the common cold.
- ✗ Do not exercise immediately after a big meal.
- ✗ Do not exercise in extreme heat or cold.
- ✗ Never turn your oxygen up higher than prescribed for exercising unless you have discussed this with your doctor.

➤ To locate your nearest pulmonary rehabilitation program contact Lung Foundation Australia.

➤ For further information on breathing techniques and managing breathlessness refer to chapter 12 of Better Living with COPD - A Patient Guide named breathlessness, breathing control and energy conservation.










➤ Before you exercise, please ensure you have checked that you do not have any symptoms of a flare up of your lung condition. Further information can be found in chapter 9 of Better Living with COPD - A Patient Guide named preventing and managing a flare up.

## Danger signs

 ***Stop exercising and call 000 if you experience any signs and symptoms of a heart attack.***




The warning signs can be varied and may include discomfort and pain in the centre of your chest, along with discomfort to a number of areas in the upper body. You are encouraged to review Heart Foundation's resources on how to recognise a heart attack before exercising. (<https://www.heartfoundation.org.au/your-heart/heart-attack-warning-signs>)

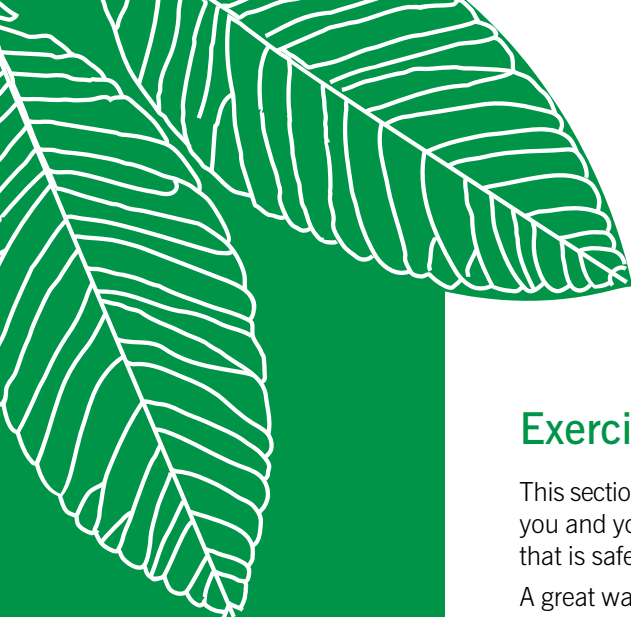
 **STOP AND REST IMMEDIATELY IF YOU EXPERIENCE ANY OF THE BELOW:**

-  Dizziness or feeling faint.
-  Excessive wheezing.
-  Extreme pain.
-  Coughing up blood.
-  Extreme shortness of breath.
-  Blurred vision.
-  Nausea.
-  Feeling of palpitations or a racing heart.
-  Chest Pain

**None of these danger signs are normal and should prompt you to seek medical attention.**

In an emergency please do not hesitate to call 000.

-  If you also have diabetes, heart failure, angina or any other diseases that may affect your ability to exercise, discuss these with your health professional to ensure you know the danger signs related to your condition.
-  If ever uncertain about your current condition and safety to exercise please consult your doctor or health care professional.
-  Any exercises that cause pain in a muscle or joint should be discontinued, and reviewed by a medical practitioner.



# Exercise Effectively

This section aims to cover important information that will help you and your treating exercise professional create a program that is safe and effective for your needs.

A great way to design a program to help you safely achieve your goals is the FITT Principle.

- **Frequency** refers to the number of times you will aim to exercise. *For example exercising 3-5 times per week.*
- **Intensity** refers to how hard you work whilst exercising. *For example working hard enough to feel a breathlessness score of 3-4 on the Borg Dyspnoea Scale. (See table below).*
- **Time** refers to the exercise duration or how long you exercise for. *For example 10 minutes of walking.*
- **Type** refers to what kind of exercise you do. *For example walking, strength program, stretching.*

● In addition to the exercises described in this exercise guide, your exercise professional may prescribe you extra activities to meet your specific needs such as core/pelvic floor exercises, balance training etc.

● Get creative by thinking about other activities you enjoy that encourage you to be physically active. For example gardening, dancing, yoga or playing with grandchildren. Together with regular exercise, being physically active throughout the day is important for health and wellbeing.

## Modified Borg Dyspnoea Scale

0	NOTHING AT ALL
0.5	VERY, VERY SLIGHT (just noticeable)
1	VERY SLIGHT
2	SLIGHT
3	MODERATE
4	SOMEWHAT SEVERE
5	SEVERE
6	
7	VERY SEVERE
8	
9	VERY, VERY SEVERE (almost maximal)
10	MAXIMAL

Exercise Training Zone



Taking the FITT principles into consideration, the next step will be to start developing an exercise plan. Work with your exercise professional through the following four areas.

## Warm Up

It is important to gradually warm up your heart and muscles. This part of your routine should make you only slightly out of breath, and include slow controlled movements targeting every area of the body you will be using. Examples may include, but are not limited to a slower paced walk, slow knee lifts, heel taps, trunk twists, shoulder shrugs/circles or ankle rotations. Alternatively, you can be creative and include Tai chi, a balance routine or slow dance steps if you have experience in this area.

## Aerobic Exercise

An aerobic program commonly involves walking as its main component, as this is the most relevant exercise for daily living. Other types of aerobic exercise may include cycling, riding an exercise bike or even using a rowing machine. Some people also find alternative exercises like exercising in water (for example walking through shallow water or swimming), tai chi, or dancing enjoyable. You could use these exercises to add variety to your program or if you have difficulties with walking.

## Strengthening

Including strengthening exercises in your routine will keep your muscles strong and prevent some of the effects of having a chronic lung condition. Strength training should include exercises for your arms, torso and legs. Strengthening exercises do not have to require special equipment. Improvements in strength can be achieved with simple body weight activities, such as standing up and sitting down from a chair, or by using easily available items such as a water bottle as a weight for arm exercises.

## Stretching & Cool Down

Use this time to gradually lower your heart rate and breathing. This may include slow walking or marching on the spot followed by a number of stretches. Regular stretching as part of your exercise program will help to maintain your flexibility and reduce muscle soreness and stiffness.

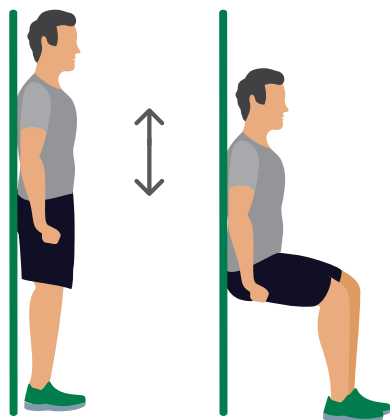
- It is important to discuss your interests with your prescribing exercise professional as some exercise options will not always be appropriate for your current condition. For example, water based activities can be a potential danger for those with some heart conditions, and clearance should therefore always be sought by your doctor.



# Exercise Instructions

## Strengthening

### SQUATS



- Lean your back against a wall.
- Squat down until your thighs are parallel with floor.
- Slide up the wall to a standing position.
- Start with only sliding down a short way.
- Do not bend your knees beyond 90 degrees.

Comments & Considerations:

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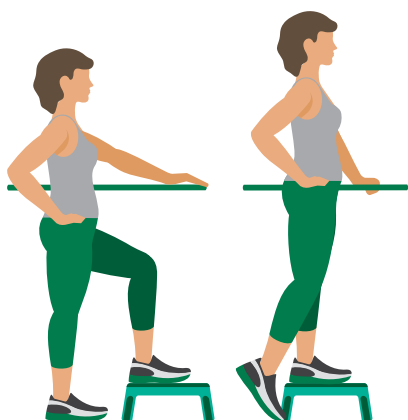
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### STEP UPS



- Stand in front of a step with hand support.
- Step up one foot at a time (like climbing stairs) making sure the entire foot is on the step.
- Return both feet to the ground.
- This activity can be either strength or an aerobic exercise.

Comments & Considerations:

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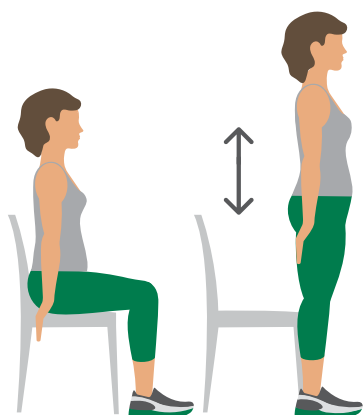
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## Strengthening

### SIT-TO-STAND



- Sit on the edge of a chair with feet shoulder width apart.
- Stand upright.
- Sit back down.

Comments & Considerations:

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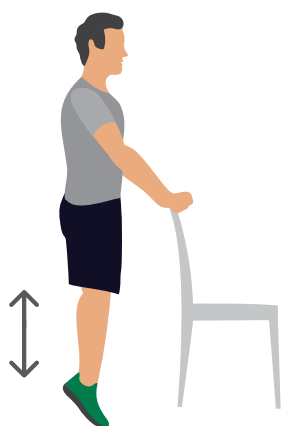
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### HEEL RAISES



- Find a solid supporting object such as a bench, wall or sturdy chair.
- Raise heels and rise onto toes.
- Lower heels back to floor.

Comments & Considerations:

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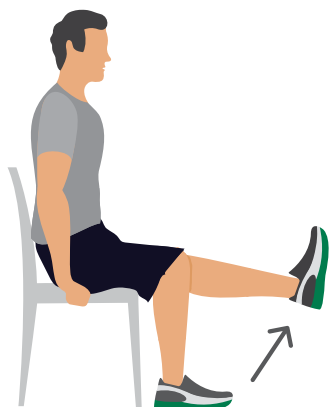
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## Strengthening

### LEG EXTENSION



- Sit in a chair with knees bent at 90 degrees and feet on the floor.
- Slowly straighten one leg.
- Return to starting position.
- Repeat for other leg.

Comments & Considerations:

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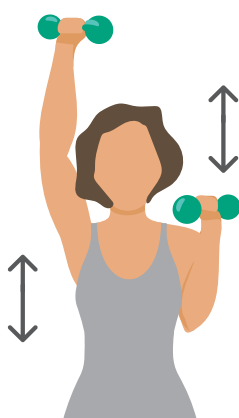
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### SHOULDER PRESS



- Hold a weight in each hand at shoulder height.
- With one arm, lift the weight straight up and down.
- Repeat the exercise with your other arm.
- This exercise can be completed either sitting or standing.

Comments & Considerations:

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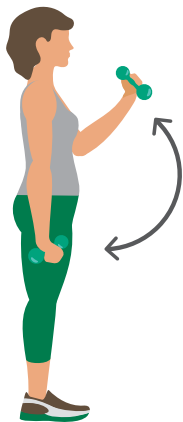
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# Strengthening

## BICEP CURL



- Hold weight at your side, with elbows close to your body and palms facing forward.
- Curl arm towards your shoulder ensuring your elbows stay at your side throughout the movement.
- Slowly lower to the first position.
- Can be done with both arms together or alternating arms.

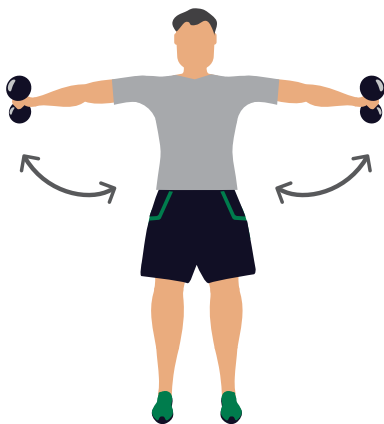
Comments & Considerations:

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## SIDE LATERAL RAISE



- Start with holding a weight in each hand at your side.
- Lift both arms out to the side, but not above your shoulders (move your arms as if you were “spreading your wings”).
- Keep palms and weight facing toward the floor throughout the movement.
- Keep your elbows slightly bent during the exercise.

Comments & Considerations:

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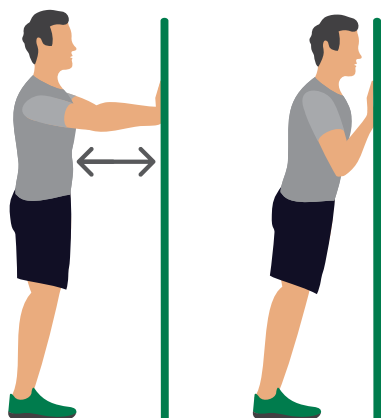
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## Strengthening

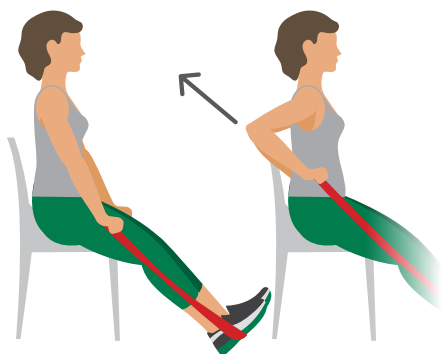
### WALL PUSH UP



- Stand facing a wall with feet shoulder width apart.
- Leaning towards the wall place hands at shoulder height.
- From the start position, bend your elbows moving your body forward
- Slowly push away from wall and return to the starting position.
- Ensure to keep body straight throughout.

Comments & Considerations:

### SEATED ROW



- Sit upright with slightly bent knees and feet together.
- Anchor the band under your feet.
- Hold on with each hand, arms out straight by your side.
- Pull the tubing back leading with the elbows, keeping wrists straight and slightly squeezing the shoulder blades together.
- Do not rock back and forward.

Comments & Considerations:

## Stretching

### SHOULDER STRETCH



- Place one arm across your body.
- Gently pull on your elbow with your opposite hand until a stretch is felt in the shoulder.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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### TRICEPS STRETCH



- Lift your arm so that your elbow is next to your ear.
- Place your hand between your shoulder blades.
- Gently push your elbow back with your other hand until you feel a stretch through back of the arm.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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## Stretching

### HAMSTRING STRETCH



- Sit on the edge of a chair or bed.
- Bend one leg, and straighten the other with toes pointed up.
- Lean forward slowly until you feel a stretch at the back of your thigh.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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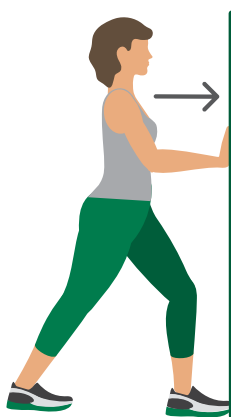
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### CALF STRETCH



- Place hands on a wall or a bench.
- Keep your body upright and bend your front knee.
- Straighten your back leg and keep your heel on the ground, with toes all facing forward.
- Slowly lean forwards until you feel a stretch in the back of your calf.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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## Stretching

### SIDE STRETCH



- Create a wide base of support with your feet apart.
- Reach one arm straight over your head.
- Lean into the direction of reach as far as it is comfortable and hold.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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### THIGH STRETCH



- Find a solid supporting object such as a bench, wall or sturdy chair.
- Pull your foot towards your buttock until a stretch is felt in the front of your thigh.
- Keep knees together.
- Tuck bottom under and push hips forward.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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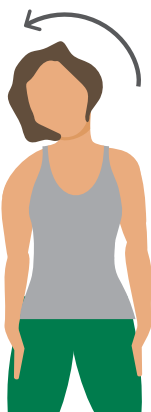
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## Stretching

### SIDE NECK STRETCH



- Slowly tilt head towards one shoulder keeping chin slightly tucked under.
- Repeat toward other shoulder.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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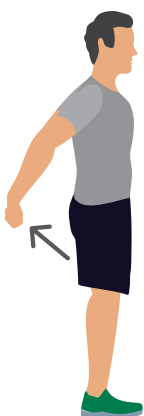
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### THORACIC STRETCH



- Keeping shoulders down hold your hands behind your back with palms facing upwards.
- Move your hand away from your back until a stretch is felt.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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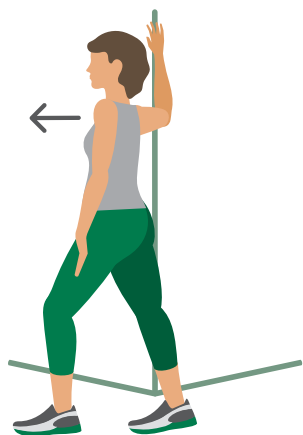
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## Stretching

### CHEST STRETCH



- Stand in a corner or in a doorway with your elbow at shoulder level and your feet away from the corner or doorway.
- Lean forward until a comfortable stretch is felt across the chest.
- Take extra precaution if you have shoulder pain.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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### TRUNK ROTATION



- Cross arms in front just below the chest.
- Gently rotate the trunk side to side as far as possible.
- Stretch should be felt in the middle and lower back.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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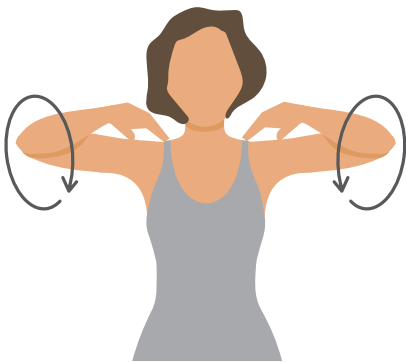
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Stretching

SHOULDER ROTATION



Shoulder Rotation

- Place hands on your shoulder as shown.
- Slowly make forwards and backwards circles with your elbows.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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Additional Exercises

NAME:

Image:

Description:

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Comments & Considerations:

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# Additional Exercises

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NAME:

Image:

Description:

Comments & Considerations:

NAME:

Image:

Description:

Comments & Considerations:

Better Living with Exercise - Your Personal Guide

17

## Developing a plan to suit you

This section will help guide you and your exercise professional to some personal exercise goals that are tailored to help you better manage your lung condition. Setting goals helps you work out what you would like to achieve from your exercise program. Please follow the numbered steps in order.

### 1) What are your exercise options?

Think about what type of activities you could potentially do. Perhaps you have already developed a list of options in the previous chapter under type of exercise from the FITT principle. The exercise options you list here don't mean you have to commit to these, but it's important to have a look at all options for developing your immediate plan and as your program progresses. Here are some examples.

- Walking
- Exercise professional recommended exercises
- Gym/Exercise Facility

*What are some of your options?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 2) What's important to you?

Think about the different reasons or motivators that have encouraged you to improve your physical health. These motivators could be factors that are important for you, or those around you. Such factors might be things like: playing with the grandchildren, or to have more independence.

In thinking about the reasons for improving your health and fitness with an exercise program, identify the top 3 reasons that motivate you to make this change:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



### 3) What's your SMART plan?

The next step is setting specific goals through the SMART goal setting principle. This helps you to develop goals that are structured, and improves your chance of achieving your goals. Here is an overview of the acronym SMART.

**SPECIFIC:** State clearly what it is that you need to do without any generalisations. For example; *"At 10am I'll perform my prescribed home exercises everyday except Sunday for the month of August."*

**MEASURABLE:** Set criteria that will allow you to track progress. For example; *"Use the logbook to tick the exercise day goals achieved."*

**ATTRACTIVE:** Outline why this goal is important to you, think about your motivators. For example; *"To maintain independence or to set a good example for the family."*

**REALISTIC:** Take a moment to reflect and consider if this goal is realistic to achieve? For example; *"Is the time that I've set in my plan at a time I feel well enough to exercise, or does it conflict with any other commitments."*

**TIME-FRAMED:** Set a start and end (review) date to ensure you can focus on achieving your goal. For example; *"reassess log book and type of exercises with exercise professional at next appointment on xx/xx/xxxx"*

Please write your SMART goal below:

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### 4) What else needs to be considered?

It is also important to identify potential barriers that may impact on you achieving your goals. For example bad weather, motivation, exacerbations. Also consider what has stopped you from achieving your goals in the past and write any potential barriers below:

● 

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● 

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Now list some potential strategies that will help you overcome each barrier that you have listed, think about what has worked for you in the past and what are some new options to try:

● 

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● 

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My goal is 

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Date: \_\_\_\_\_ Signed: \_\_\_\_\_

# Exercise Log

Keep track of your daily exercise using the log below. Work with your exercise professional to design a program tailored to you, and schedule in regular reviews to support you as you progress. Each time you start your exercises below make sure you have reviewed the safety page, and you are well enough to commence.

		Day	MON / /	TUES / /	WED / /	THURS / /
Exercise Name	My Exercise Goals this week	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments
<b>Aerobic eg.: Walking</b>	2 x 20 minutes	2 x 10mins (4) Hard today because of the wind				
<b>Strength eg.: Bicep Curl (7)</b>	2 x 10 15kg	2 x 10 15kg (2) Becoming easy. Look at increasing weight				
<b>Stretch e.g.: Calf Stretch</b>	20 seconds each leg	20 seconds (3)				

\*Please use the *Modified Borg Dyspnoea Scale* found on page 4 to track your breathlessness. For extra copies photocopy or download from [www.lungfoundation.com.au](http://www.lungfoundation.com.au)





Exercise Name	My Exercise Goals this week	Day	MON / /	TUES / /	WED / /	THURS / /	FRI / /	SAT / /	SUN / /
		Details: Achievement, Breathlessness * Comments	Details: Achievement, Breathlessness * Comments	Details: Achievement, Breathlessness * Comments	Details: Achievement, Breathlessness * Comments	Details: Achievement, Breathlessness * Comments	Details: Achievement, Breathlessness * Comments	Details: Achievement, Breathlessness * Comments	Details: Achievement, Breathlessness * Comments

\* Please use the *Modified Borg Dyspnoea Scale* found on page 4 to track your breathlessness.  
For extra copies photocopy or download from [www.lungfoundation.com.au](http://www.lungfoundation.com.au)

Exercise Name	My Exercise Goals this week	Day	MON / /	TUES / /	WED / /	THURS / /	FRI / /	SAT / /	SUN / /
		Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments

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Exercise Name	My Exercise Goals this week	Day	MON / /	TUES / /	WED / /	THURS / /	FRI / /	SAT / /	SUN / /
		Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments	Details: Achievement, Breathlessness* Comments

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For extra copies photocopy or download from [www.lungfoundation.com.au](http://www.lungfoundation.com.au)



## Resources for Patients

Below is a list of some of the many resources developed by Lung Foundation Australia to support people with lung disease.

Visit [www.lungfoundation.com.au](http://www.lungfoundation.com.au) or call 1800 654 301 to find out more or order copies.

### Information and Support Centre

The Centre provides a range of services and support to patients, carers and health professionals via our freecall 1800 654 301 number and [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au) including educational resources, quarterly newsletter, contact details for patient support groups and pulmonary rehabilitation programs, patient seminars and more.



#### eLungNet News

eLungNet News is Lung Foundation Australia's quarterly newsletter published in February, May, August and November. This e-newsletter provides informative articles on lung diseases and tips for effective management as well as organisation updates. This e-newsletter is suitable for health professionals, patients and carers.



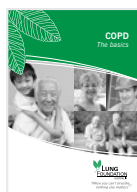
#### Lung Disease Brochures and Factsheets

There are many brochures and fact sheets available to help patients to find out more about different lung conditions and to self-manage effectively. They are freely available to download from the website or can be provided as a brochure. Some of these resources are available in a number of languages.



#### Home Oxygen

The booklet provides important information for those recently prescribed home oxygen.



#### COPD The Basics

This booklet provides information for people who have recently been diagnosed with COPD. It provides information about COPD and what to expect living with this condition.



#### Better Living with COPD & Better Living with Lung Cancer

These detailed handbooks provide all the information patients need to live better with COPD and lung cancer.



## Videos and DVDs for Patients

The Lung Foundation has a wide variety of patient DVDs. These range from patient stories to lung disease specific DVDs. Titles include:

- Lung Cancer
- Better Living with your Lung Disease
- Mesothelioma
- Inhaler device technique videos

These DVDs are an excellent alternative to written resources.

The Lung Cancer DVD is available in a number of languages.



## Pulmonary Rehabilitation

This is generally a 6-8 week (sometimes 12 week) exercise and education program designed specifically for people with a chronic lung disease. It teaches people important skills that will improve their quality of life and help them stay out of hospital. Lung Foundation has a national listing of pulmonary rehabilitation programs.



## Lungs in Action

Lungs in Action is a community based exercise maintenance program specially developed for people with stable, chronic lung disease and/or heart failure who have completed pulmonary and/or heart failure rehabilitation. It provides a fun, safe environment for those who want to extend the benefits of pulmonary rehabilitation by continuing their exercise regime in the community.



## Indigenous Resources

There are numerous indigenous resources available across all lung diseases. These resources include patient DVDs, patient stories, symptom posters, patient brochures, COPD action plan, talking boards and flip charts.



## C.O.P.E. – COPD Online Patient Education Program

C.O.P.E. – COPD Online Patient Education Program is available freely online. It provides the educational component of a pulmonary rehabilitation program to help those living with lung disease.



## Love Your Lungs club

The 'Love your lungs' supporters club is a great way to show people with lung disease how much you care. By joining the club you are helping Lung Foundation Australia drive research, patient support, and health professional programs which help the entire community. The club is for everyone - patients, families and friends, so become a 'Love Your Lungs' member today. Call 1800 654 301 or visit the website, [www.lungfoundation.com.au/supporter-membership](http://www.lungfoundation.com.au/supporter-membership).



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. In the top left corner, there is a faint, light-colored logo or watermark that appears to be a stylized letter 'S' or a similar symbol. The rest of the page is completely blank, with no text or other markings.





Congratulations on taking an active approach to managing your lung condition. *Better Living with Exercise - Your Personal Guide* was developed by Lung Foundation Australia to help you and your treating exercise professional develop the most suitable exercise program for you to improve your physical and social wellbeing.

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