

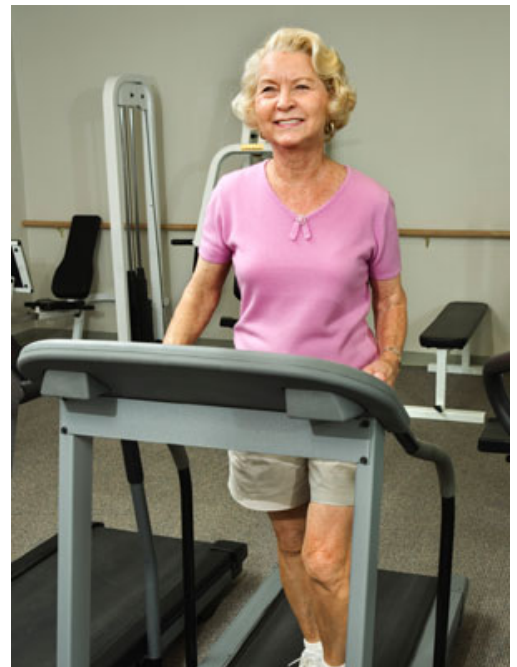
## Improving your health

There are steps you can take to control the symptoms of COPD and slow down the progressive damage to your lungs.

Your health care professionals can help you to take steps that will make you feel better.

Each week, you will have the opportunity to discuss one of these areas during your phone call with the physiotherapist. Areas that you might like to discuss include:

- Exercising for better health
- Understanding your medications
- Maintaining a healthy diet
- Losing or gaining weight
- Managing breathlessness
- Managing flare-ups and chest infections
- Quitting smoking
- Making the most of your health professionals
- Getting the right support



In this space you might like to write down other topics you would like to discuss with the physiotherapist:

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