

# Living well with Chronic Obstructive Pulmonary Disease (COPD)

If you are living with COPD or caring for someone who is, we're here for you. Lung Foundation Australia is the nation's leading and trusted lung health charity who can connect you with information and support to live your best life. From connection to peer support groups, evidence-based resources and information and a free telephone support respiratory care nurse service, you can feel empowered to better manage your condition and live well.

## Your exercise pathway to better health

Access our exercise information hub for information and resources to support you to incorporate exercise as part of your self-management plan. This includes location and referral details for pulmonary rehabilitation and Lungs in Action classes across Australia.

Search for  
your local  
classes via  
the QR code.



## Tools and resources



### Better Living with Exercise

The Better Living with Exercise booklet can be used by you and your exercise professional to develop a suitable exercise program based on your needs.

## Videos and webinars

### Maintaining Movement video series

This video series will take you step-by-step through simple exercises that can be completed at home with objects found around the house to help you maintain movement.



### Exercising safely with a lung condition

This webinar provides information for exercising safely with a lung condition, including safe exercise and how it can help, understanding the cycle of inactivity, and teaching and coordinating movement.

### Am I too sick to exercise

This webinar features the benefits of exercise for people living with lung disease and discusses why it is important to exercise despite experiencing breathlessness and what role it has in your management.



### COPD and bronchiectasis: diet and nutrition

Get answers to some of the most asked questions on diet and nutrition for people living with COPD or bronchiectasis. This webinar covers hydration, important foods to include in your diet, how to manage if you can't eat much, losing weight if you struggle to exercise, and more.

## ACCESS INFORMATION AND SUPPORT TODAY

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