

Better Living with Exercise

YOUR PERSONAL GUIDE



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Acknowledgments

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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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 30-31 or contact Lung Foundation Australia's Information and Support Centre.

Lung Foundation Australia's Information and Support Centre can be contacted on freecall **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/conditions/heart-attack>)



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.

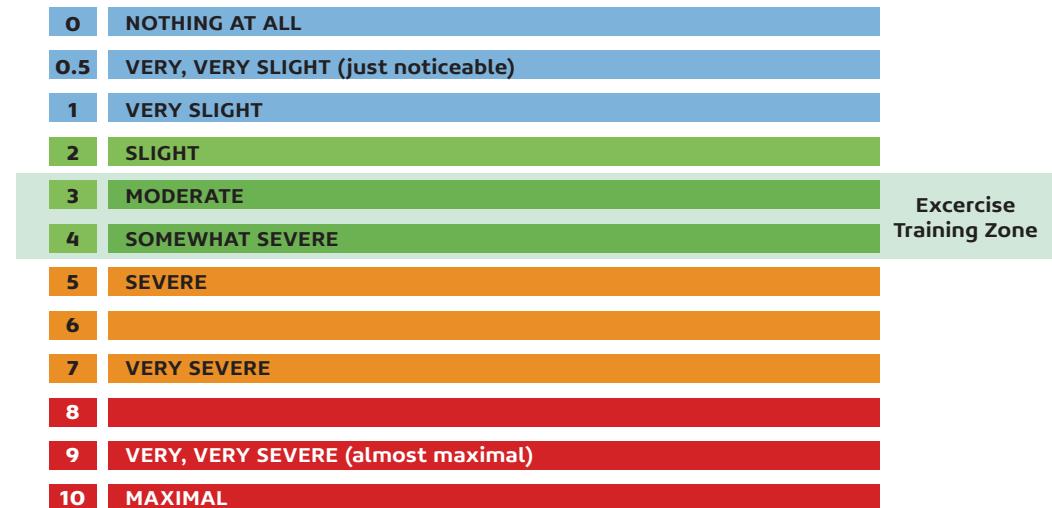
- ▲ If you also have diabetes, heart failure, angina or any other diseases that may affect your ability to exercise, discuss these with your health professional to ensure you know the danger signs related to your condition.
- ▲ If uncertain about your current condition and safety to exercise please consult 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.*

Modified Borg Dyspnoea Scale



- ❖ 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.

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

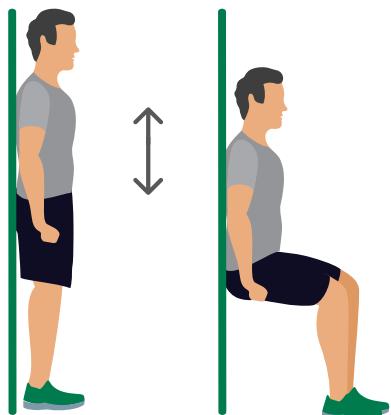
Including strengthening exercises in your routine will keep your muscles strong and prevent some of the effects of having a chronic lung condition. Strength training should include exercises for your arms, torso and legs. Strengthening exercises do not have to require special equipment. Improvements 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.

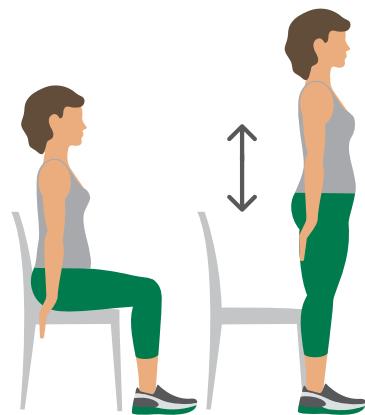
SQUATS



- 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:

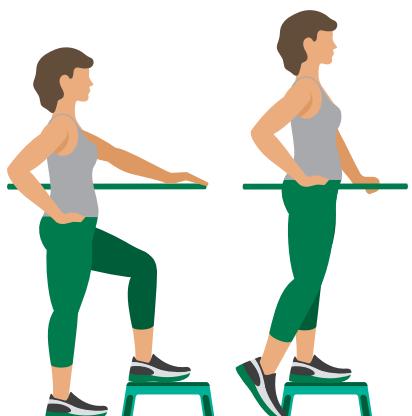
SIT-TO-STAND



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

Comments & Considerations:

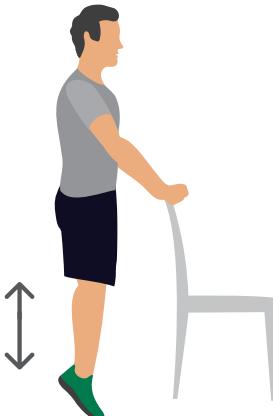
STEP UPS



- 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:

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:

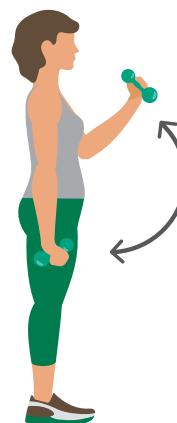
LEG EXTENSION



- ❖ 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:

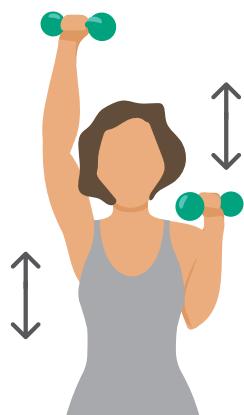
BICEP CURL



- ❖ 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:

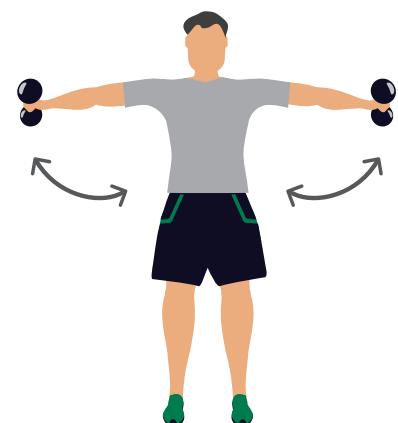
SHOULDER PRESS



- ❖ 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:

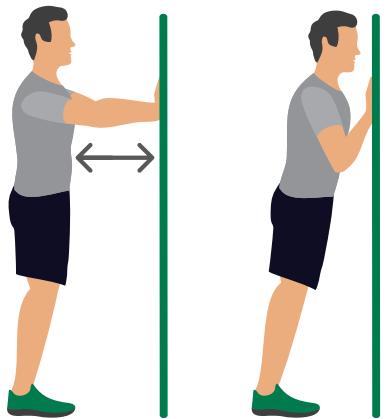
SIDE LATERAL RAISE



- ❖ 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:

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:

SHOULDER STRETCH

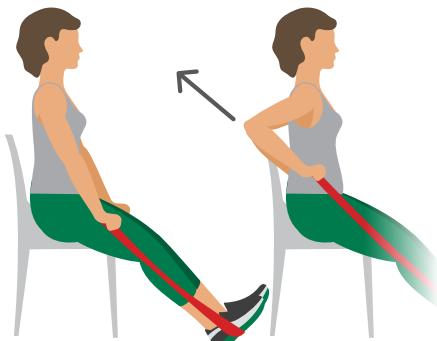


- ❖ Place one arm across your body.
- ❖ Gently pull on your elbow with your opposite hand until a stretch is felt in the shoulder.

Hold for: _____ Repeat: _____

Comments & Considerations:

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:

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:

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: _____

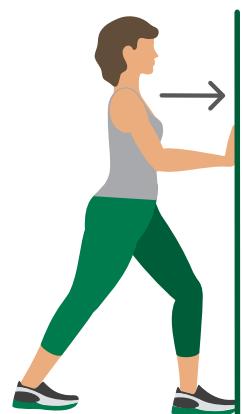
Comments & Considerations:

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:

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:

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:

SIDE NECK STRETCH

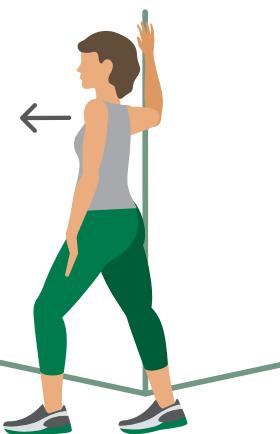


- Slowly tilt head towards one shoulder keeping chin slightly tucked under.
- Repeat toward other shoulder.

Hold for: _____ Repeat: _____

Comments & Considerations:

CHEST STRETCH

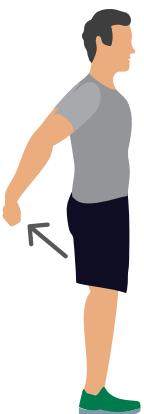


- Stand in a corner or in a doorway with your elbow at shoulder level and your feet away from the corner or doorway.
- Lean forward until a comfortable stretch is felt across the chest.
- Take extra precaution if you have shoulder pain.

Hold for: _____ Repeat: _____

Comments & Considerations:

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:

TRUNK ROTATION

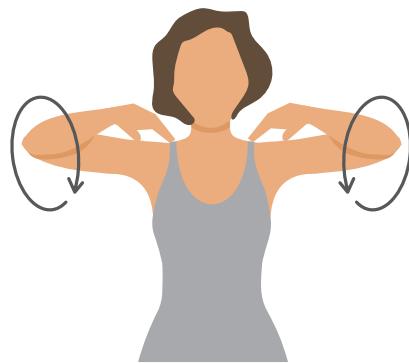


- Cross arms in front just below the chest.
- Gently rotate the trunk side to side as far as possible.
- Stretch should be felt in the middle and lower back.

Hold for: _____ Repeat: _____

Comments & Considerations:

SHOULDER ROTATION



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

Hold for: _____ Repeat: _____

Comments & Considerations:

NAME:

Description:

Comments & Considerations:

NAME:

Description:

Comments & Considerations:

NAME:

Description:

Comments & Considerations:

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/yyyy"

Please write your SMART goal below:

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:

- ❖ _____
- ❖ _____

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:

- ❖ _____
- ❖ _____

My goal is _____

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
Aerobic eg.: Walking	2 x 20 minutes	2 x 10mins (4) Hard today because of the wind				
Strength eg.: Bicep Curl (7)	2 x 10 15kg	2 x 10 15kg (2) Becoming easy. Look at increasing weight.				
Stretch e.g.: Calf Stretch	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.



Better Living with Exercise

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Resources and Support Services

Lung Foundation Australia supports people with lung disease and lung cancer.

Below is a list of some of the many resources developed by Lung Foundation Australia.

To access the full suite of resources and support services, you can scan the QR code or visit lungfoundation.com.au.

You can also free call our **Lung Health Helpline 1800 654 301** to find out more.



Lung Health Helpline

Our Lung Health Helpline provides guidance, information and support, and connects you to relevant support services. This free and confidential service is available Monday to Friday 8:00am - 4:30pm (AEST) (excl. public holidays). Please note this service does not offer medical or treatment advice. If you are interested in the information or services listed below call us on freecall 1800 654 301 (option 3) or email enquiries@lungfoundation.com.au.

Respiratory Care Nurse

The Respiratory Care Nurse telephone service is available for people living with Chronic Obstructive Pulmonary Disease (COPD) or bronchiectasis. Our skilled nurse can provide guidance on all aspects of your condition according to the management guidelines. Please contact our Information and Support Centre to make a booking with the Respiratory Care Nurse.

Lung Cancer Support Nurse

The Lung Cancer Support Nurse provides a telephone-based service for patients, their families and carers at any stage of their lung cancer journey. The Lung Cancer Support Nurse is a highly experienced oncology nurse who can provide evidence-based information regarding diagnosis, treatment, symptom management and well-being in addition to guidance about relevant support services. People living with lung cancer, their families and carers can contact our Information and Support Centre to make a booking with the Lung Cancer Support Nurse.

Lung Disease Resources

There are factsheets and information booklets available to help individuals find out more about their lung condition and how to self-manage effectively. These are freely available to download from our website: www.lungfoundation.com.au.

COPD The Basics Booklet

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. Access this resource at www.lungfoundation.com.au.

Webinars

Our webinars are designed to increase your knowledge and gain the confidence you need to live well with your lung disease or lung cancer. Our webinars provide the opportunity for you to interact with speakers via an online presentation and live Q&A from the comfort of your own home, regardless of your location. Access the webinars at www.lungfoundation.com.au.

Pulmonary Rehabilitation

Pulmonary rehabilitation is a six to eight week exercise and education program that teaches you the skills you need to exercise safely and manage your breathlessness. The exercise component focuses on increasing your physical function and is individualised to cover safety considerations and to ensure you are on-track to achieve your goals. The education component assists you in managing your condition, by providing knowledge in areas such as breathing techniques, using your medications and energy conservation.

C.O.P.E- COPD Online Patient Education Program

C.O.P.E - COPD Online Patient Education Program is available for free online. It provides the educational component of a pulmonary rehabilitation program to help those living with a lung disease. Access C.O.P.E at www.cope.lungfoundation.com.au

Peer Support

Lung Foundation Australia facilitates and supports a range of peer support programs for patients and carers affected by lung disease or lung cancer. These programs provide a safe space to provide mutual support and enables you to feel understood and heard when sharing your story. Contact our Information and Support Centre to find out about available peer support options.

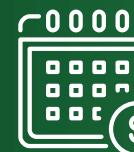


How You Can Support Us



Leaving a Legacy

Naming Lung Foundation Australia in your Will is an act of generosity that proclaims your commitment to future generations of people impacted by lung disease and lung cancer. A gift in your Will does not have to be large for it to be valuable and give hope to others.



Give a regular gift

Understanding the causes and future treatment of lung disease and lung cancer requires a long-term approach. Regular donors give Lung Foundation Australia a reliable and sustainable stream of donations which help us plan well into the future. A donation of even \$5.00 per week goes a long way and allows great science to flourish.



Philanthropy and partnerships

We are proud to partner with philanthropists, companies, trusts and foundations to raise vital funds for lung disease and lung cancer research. We are outcomes focused and ensure your investment can be tracked against measurable goals, and we will keep you up to date on our progress.



Other ways to get involved

- Share your story
- Become a Lung Foundation Australia Ambassador
- Join workplace giving
- Participate in community fundraising



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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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