

Exercise safely in the home

i The safest and best way to learn to exercise with a lung condition is through a **pulmonary rehabilitation program**. You can continue to exercise safely at home during and after your pulmonary rehabilitation program, or by following advice from your doctor.

To find your nearest pulmonary rehabilitation program talk with Lung Foundation Australia's Lung Health Helpline on (Free call) 1800 654 301.



Before exercise, make sure you:



have checked that you do not have any signs of a flare-up of your lung condition



know how to do the movements taught to you by a trained exercise professional



have taken your reliever inhalers before exercising, as prescribed by your doctor



are well warmed up.

During exercise, make sure you:



use pursed lip breathing, if it helps you



have your reliever inhalers with you



drink enough water



use recovery positions when you feel more breathless



exercise with another person if you are at risk of falling



begin at a lower effort if you have not exercised for a while or have been unwell.

If exercising with oxygen, make sure you:



always wear your oxygen during exercise if it has been prescribed for exercise



use your oxygen as prescribed by your doctor



do not change your oxygen settings for exercise without talking to your healthcare provider.

Do not exercise:



if you are unwell. Such as a fever, cold or flare-up of your lung disease



straight after a big meal



in extreme heat or cold as these conditions may make breathing more difficult.

Warning signs during exercise



Stop exercising and call 000 if you have any signs of a heart attack.

Signs of a heart attack can vary from person to person. You may feel pain, pressure or discomfort in the centre of your chest. This discomfort may also spread to your jaw, back, shoulder or arm. For more information about the signs of a heart attack, visit www.heartfoundation.org.au/your-heart/heart-attack.

Stop and rest right away if you have any of the below:



Dizziness or feeling faint



Coughing up blood



Nausea



Excessive wheezing



Blurred vision



Feeling of pounding or a racing heart



Extreme pain



Extreme shortness of breath



Chest pain.



None of these danger signs are normal and suggest you should get medical attention.

In an emergency please call 000.

Talk to your doctor if:

- any movements cause pain you have not felt before in a muscle or joint
- you live with another condition that may affect your ability to exercise, such as:
 - diabetes
 - heart failure
 - angina
- you are unsure whether exercise is safe for you or how much exercise is right for you.

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. Free call 1800 654 301 or email enquiries@lungfoundation.com.au.

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Note to reader: This information is intended as a general guide only and is not intended or implied to be a substitute for professional medical advice or treatment. While all care is taken to ensure accuracy at the time of publication, Lung Foundation Australia exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided. Always consult with your doctor about matters that affect your health.

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