

Staying Fit With COPD*

How Can Exercise Help With COPD?

Some people with COPD think exercise will make their breathing worse. But the opposite is true. In fact, lack of activity can make it worse.

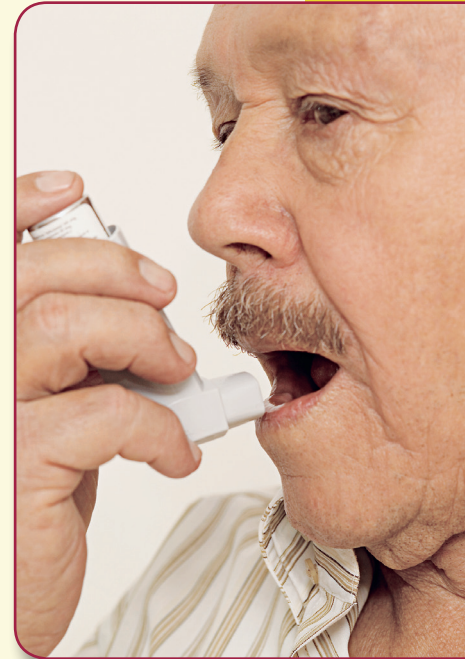
Getting physical activity (at all stages of COPD) may

- Help you feel less short of breath
- Give you more strength and endurance while you do your daily activities
- Improve heart health
- Keep you in a better mood

Getting Started

Talk to your healthcare practitioner (*prak-tih-shun-er*). Ask what and how much exercise you should do before you start. Your healthcare practitioner may suggest

- Stretching
 - It's good to do to a warm-up before you exercise and a cool-down after you exercise
- Walking
- Slow dancing
- Riding a stationary bike



Did you know?

It is important to ask your healthcare practitioner how to use your inhalers while exercising.

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (bronk-eye-tis), emphysema (em-fuh-zee-muh), or both.

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