

Alternative Physical Activities



Acknowledgements



Add the logo of your institution

Write the physical activities you want to do :

Where can you do them?

When can you do them ?

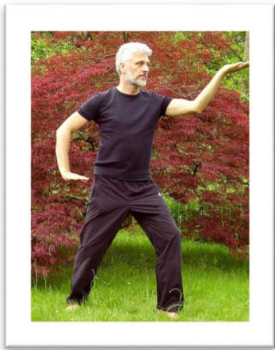
Write the things that will keep you motivated in exercising :

Write the reasons why you want to exercise :

The goal of this flyer is to give you ideas of different physical activities, that are beneficial for people with COPD, to keep you exercising throughout the year.

Qigong :

- Simple positions and movements to increase rhythmic breathing and relaxation.
- Improves function and quality of life.



Tai Chi :

- Exercises of the mind and body that involve gentle, nonimpact and slow circular movements that move the center of mass over the base of support while keeping balance. There are also breathing exercises.
- Improves function, balance and flexibility.



Yoga :

- Stretching exercises, having certain physical postures and breathing exercises.
- Improves function and quality of life.

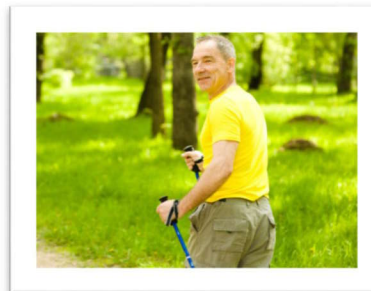


Ground walking :

- Improves endurance and quality of life.

Nordic walking :

- Walking with longer steps and nordic poles.
- Involves coordination, balance, strength, endurance, agility.



Exercises in a pool :

- Exercises in a low-impact environment (water). It facilitates balance and causes less stress on the joints compared with training on land.
- Facilitates expiration.
- Improves endurance and quality of life.

No matter what exercises you choose to do, do not forget to keep your level of exertion between 3 and 5 on the Borg scale. This means you should be able to talk while exercising.

Before engaging in a new physical activity, consult your health professional to make sure that it is suited for you.

It is important that you find a physical activity that you like to keep exercising regularly (3 to 5 times a week to reach, if possible, 150 minutes of physical activity per week).

Exercising in group can help you to have more motivation in exercising.

You may also rent an exercise DVD at your local library to exercise at home or refer to the LivingWellWithCOPD website.