

Acknowledgements

Phone numbers

Steps to follow to take back the exercise program

Having a healthy lifestyle



Add the logo of your institution

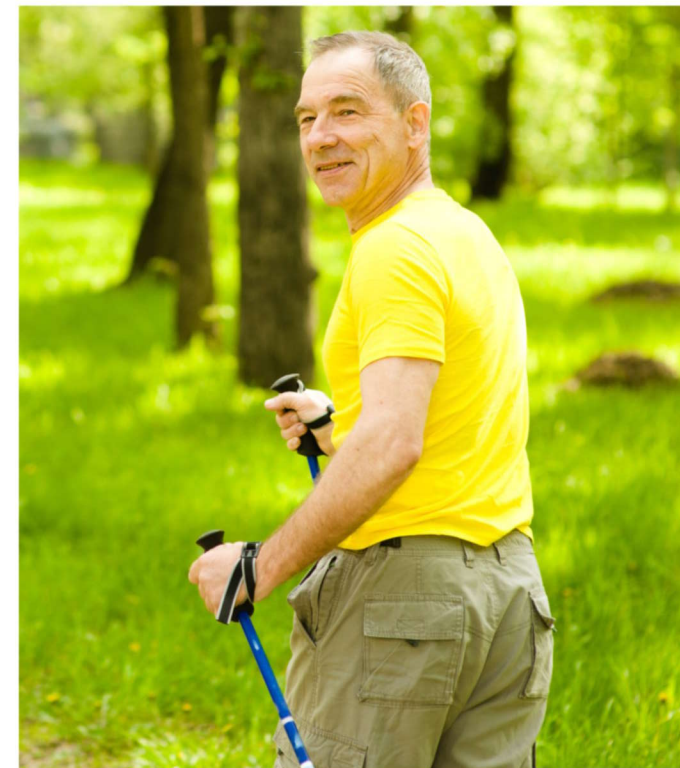
Resource person :

Health professional in charge of the
follow up to the PR program :

Family physician :

Respirologist :

Pharmacist :



The goal of this flyer is to help you to take back your exercise program after a period of non-exercising. First, identify what caused you to stop exercising, then follow the recommendations given. Once you have followed the recommendations, you should be exercising regularly again.

Cause : Lack of motivation, other reasons (vacation, changes in the habits, etc...)

For how long have you stopped exercising ?

- **1 to 4 weeks**

Resume your program as soon as possible

- **1 to 3 months**

Follow the guide for a gradual return to the exercise program (on the right)

- **> 3 months**

Consult with a health professional

If not possible, follow the guide for a gradual return to the exercise program (on the right)

If the cause of exercise cessation is a new symptom such as chest pain, joint pain, dizziness : contact your doctor.

Remember your main goal. Why do you think it is important for you to exercise regularly ? What could help you to achieve your goal ? Maybe other **strategies** could help you to keep your motivation : discuss with your health professional.

Cause : Exacerbation, worsening of the respiratory condition

Where are you now ?

- **At home with additional medication**

Consult with a health professional

Resume activities as soon as possible. Temporarily lower the intensity of the effort

Follow the guide (next page) for a gradual return to the exercise program

- **At the hospital**

Move and walk as tolerated

While being at the hospital, ask a health professional for advice on the exercise program

Resume activities at discharge according to the instructions of the professional

No instruction : Do as you tolerate for 3 weeks (no training), then start the exercises of the first week of the guide for a gradual return to the exercise program (on the right)

Call your health professional if the return to your program is not tolerated

Guide for a gradual return to the exercise program

- **Week one**

Strengthening:

-1 series of each exercise with lighter weights

Cardiovascular exercises

-Resume progressively, with a low intensity, duration as tolerated

- **Week two**

Strengthening :

-1-2 series of each exercise with lighter weights

Cardiovascular exercises

-Increase duration

- **Week three**

Strengthening :

-1-2 series of each exercise with regular weights

Cardiovascular exercises

-Increase intensity (3-5 on the Borg scale : you must be able to talk while exercising)

- **Week four**

Back to the regular program