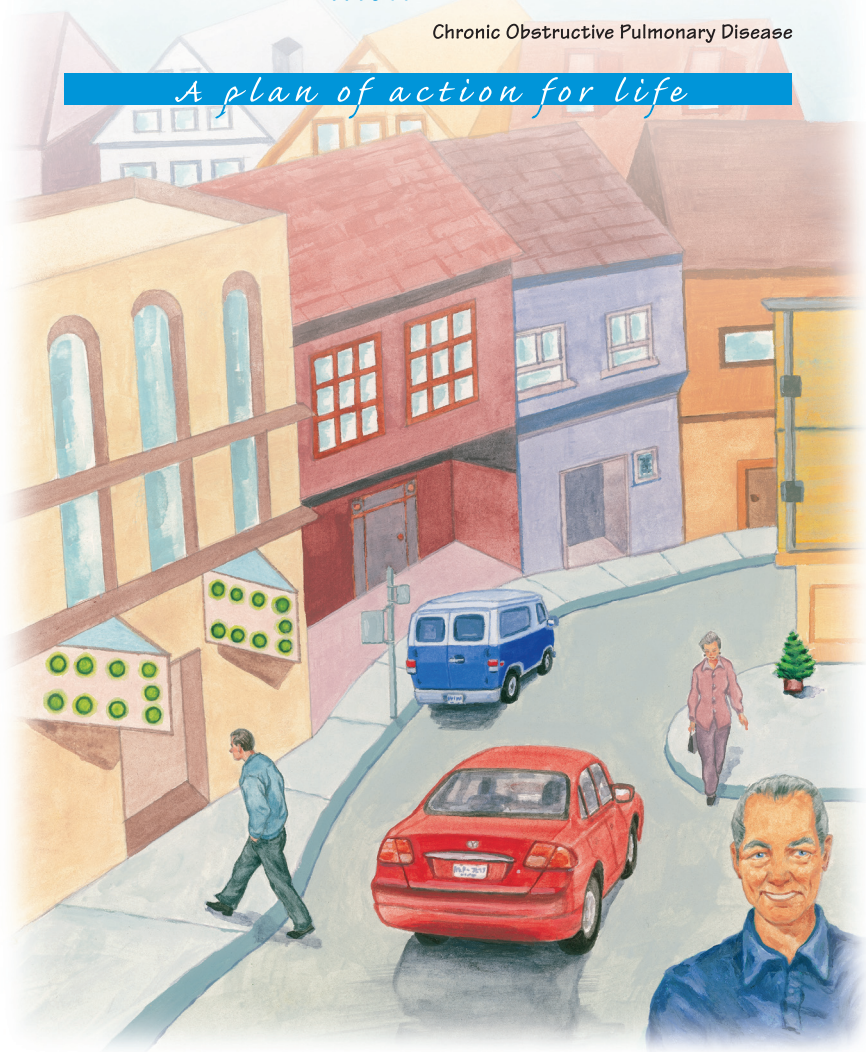


Living Well **COPD**TM with

Chronic Obstructive Pulmonary Disease

A plan of action for life



get moving... breathe easy

Get moving... breathe easy

Despite constant breathlessness, it is very important for people with Chronic Obstructive Pulmonary Disease (COPD) or any chronic respiratory disease to keep active; otherwise they gradually lose autonomy and quality of life because of persistent fatigue and reduced tolerance to effort. **Living well with a chronic pulmonary disease means getting moving to breathe better.**

The objective of this brochure is to motivate people with a chronic pulmonary disease and their family to increase their level of daily physical activity on a long-term basis.