



# EXERCISE FOR LUNG HEALTH

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Movement and exercise are good for everyone but are especially important for people living with lung disease. They are powerful tools to help manage your lung disease and overall health.

Exercising often can help your heart, lungs and muscles work better, so you can do more with the same amount of energy.

## TIPS BEFORE YOU GET STARTED

- Check with your healthcare team before starting a new exercise program. For some lung diseases, they may suggest that you take a bronchodilator (a medication that helps open your airways quickly) before exercising.
- Ask your healthcare team if you should use a walking aid.
- Try working with a physiotherapist, exercise therapist, and/or enrolling in a pulmonary rehabilitation program in your area or taking part in an online exercise program.
- Try exercising with someone when first getting started.
- Always warm-up before starting to exercise, and cooling down after exercising for safety and to get the most out of your exercise program.



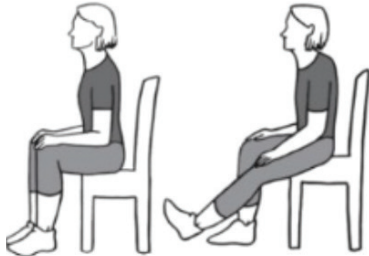
# START WITH A ROUTINE THAT INCLUDES 3 TYPES OF EXERCISES: AEROBIC, STRENGTHENING AND STRETCHING

Try to include strengthening and stretching exercises for your whole body.



- 1. Aerobic exercises make your heart stronger and your body better at using oxygen.** Exercises like walking, biking, or swimming are movements that get your heart rate up.
- 2. Strengthening exercises make your muscles stronger.** Strong muscles don't get tired as fast.
- 3. Stretching exercises make your muscles more flexible.** Flexible muscles allow your joints to move better, can reduce your risk of injuries, and improve your ability to do physical activities.

## LOWER BODY STRENGTHENING EXERCISES



### **Leg Extension - Strengthens the front of the thighs**

Sit with your back straight, with your hands resting on your knees, and feet flat on the floor.

- Extend one leg straight out in front of you so your heel is off the floor your toes are facing upwards.
- Return the leg to its starting position.
- Repeat 5 to 15 times for each leg.



### **Leg Extension Sit to Stand - Strengthens the front of the thighs**

Sit with your back straight, with your knees forming a 90-degree angle to the floor and your hands resting on your knees.

- Lean slightly forward and stand up from the chair to a straight position with your hands at your sides. (If the chair has armrests, use them to help you stand up if needed).
- Return to the starting position.
- Repeat 5 to 15 times.
- \* **Make it harder:** Try this holding weights in your hands.



### **Knee Lift – Strengthens the front of the thighs**

Stand with your back straight and your hands by your sides, or stand with one hand on a wall or a chair for balance.

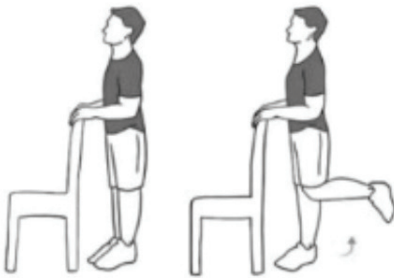
- Lift one leg in front of you so your knee forms a 90-degree angle.
- Return the leg to its starting position.
- Repeat 5 to 15 times for each leg

### **Knee Bend/Hamstring Curl – Strengthens the back of the thighs**

Stand with your back straight, resting your hands on a wall or the back of a chair for balance.

- Lift your foot out behind you so your lower leg is parallel to the floor.
- Return the foot to its starting position.
- Repeat 5 to 15 times for each leg.

\* **Make it harder:** Try this with weights on your ankles.

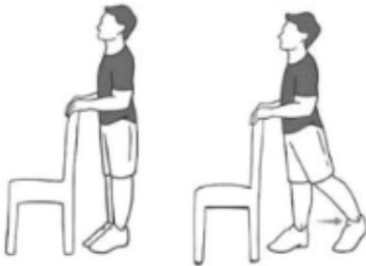


### **Leg Lift – Strengthens the back of the thighs**

Stand with your back straight, resting your hands on a wall or on the back of a chair for balance.

- Give one leg a small, slow kick backwards.
- Return the leg to its starting position.
- Repeat 5 to 15 times for each leg.

\* **Make it harder:** Try this with weights on your ankles.

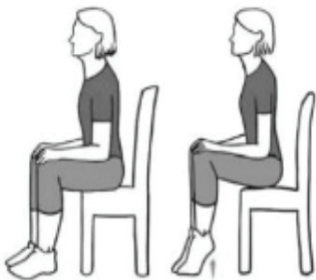


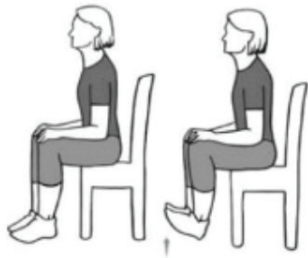
### **Heel Lift – Strengths your ankles and the back of your lower leg**

Sit with your back straight, with your hands resting on your knees and your feet flat on the floor.

- Raise your heels.
- Return the heels to their starting position.
- Repeat 5 to 15 times.

\* **Make it harder:** Do this from a standing position.



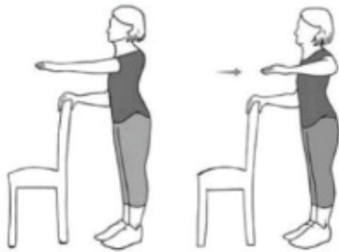


### **Toe Lift - Strengthens your ankles and the front of your lower legs**

Sit with your back straight, with your hands on your thighs and your feet flat on the ground.

- Lift the front of your feet, pointing your toes upward.
- Return the feet to their starting position.
- Repeat 5 to 15 times.
- \* **Make it harder:** Do this from a standing position.

## **BACK STRENGTHENING EXERCISE**



### **Arm Extension- Strengthens the back**

Stand with your back straight and one arm held straight out in front of you, parallel to the floor.

If you need help to keep your balance, hold the back of a chair with your other hand.

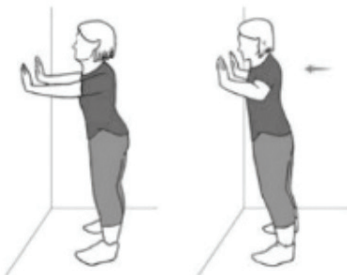
- Pull your elbow back to form a 90-degree angle.
- Return the arm to its starting position.
- Repeat 5 to 15 times for each arm.

\* **Make it harder:**

Try pulling both elbows back at the same time.

Try this with light weights in your hands.

## **CHEST STRENGTHENING EXERCISE**



### **Standing Push-ups - Strengthens your chest**

Stand facing a wall with your feet flat on the floor and far enough away from the wall so you can place your hands flat on it. Your hands should be shoulder height and shoulder width apart.

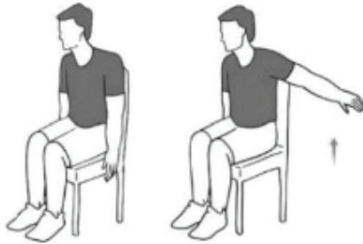
- Bend your elbows so your shoulders move in toward the wall.
- Return body to its starting position, as if doing a push-up.
- Repeat 5 to 15 times.

\* **Make it harder:** Try facing the floor either from your knees or from your toes.

## UPPER BODY STRENGTHENING EXERCISES

### Side Arm Lift – Strengthens the shoulders

Sit with your feet flat on the floor and your arms straight down at your sides.



- Lift one arm out to the side so it is parallel to the floor.
- Return the arm to its starting position.
- Repeat 5 to 15 times for each arm.

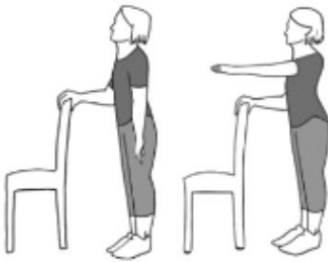
**\* Make it harder:**

Option 1: Try lifting both arms at the same time.

Option 2: Try adding weights in your hands.

### Front Arm Lift – Strengthens the shoulders

Sit with your back straight and your feet flat on the floor and your arms straight down at your sides.



- Lift your arm in front of you so it is straight out from the shoulder parallel to the floor.
- Return the arm to its starting position.
- Repeat 5 to 15 times for each arm.

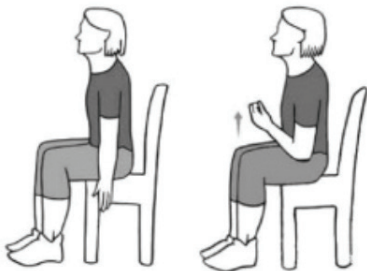
**\* Make it harder:**

Option 1: Try lifting both arms at the same time.

Option 2: Try adding weights in your hands.

### Front Elbow Bend/Bicep Curl– Strengthens the front of the arm

Sit with your back well supported and your arms hanging straight down by your sides.



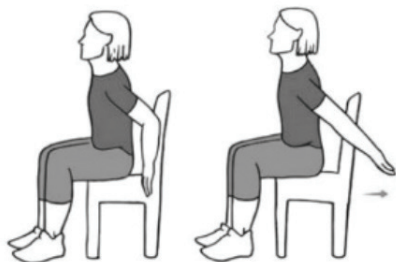
- Bend your elbows and lift your hand and forearm upwards.
- Return the arm to its starting position.
- Repeat 5 to 15 times for each arm.

**\* Make it harder:**

Option 1: Try from a standing position while holding on to the back of a chair.

Option 2: Try bending both elbows at the same time.

Option 3: Try adding with weights in your hands.



### **Back Elbow Bend/Tricep Kickback – Strengthens the back of the arm**

Sit with your feet flat on the floor, with your back well supported and your arm held out behind you. Bend your elbow with your palm facing back.

- Extend your lower arm straight back.
- Return the arm to its starting position.
- Repeat 5 to 15 times for each arm.

**\* Make it harder:**

Option 1: Try from a standing position.

Option 2: Try extending both arms at the same time.

Option 3: Try adding weights on your wrist.

## **CORE STRENGTHENING EXERCISES**



### **Abdominal Contractions – Strengthens your core**

Sit with your back straight, your feet flat on the floor and your hands on your abdomen with your fingers pointing towards your navel.

- Contract your abdominal muscles as you pull your navel inward and breathe out at the same time. Release the abdomen to its starting position as you breathe in slowly.
- Repeat 5 to 15 times.

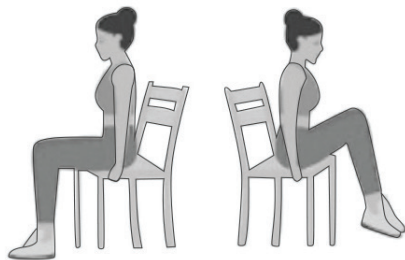
**\* Make it harder:** Try from a standing position.

### **Double Leg Lift – Strengthens your core**

Sit with you back straight, your knees bent, feet flat on the floor and your hands on your thighs.

- Keeping your knees bent, lift your feet of the floor.
- Return your feet to their starting position.
- Repeat 5 to 15 times.

**\* Make it harder:** Try holding weights in your hands.



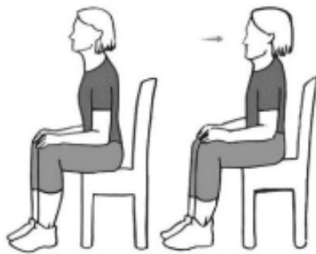


### Upper Body Twist

Sit or stand with your back straight, with your feet flat on the floor shoulder width apart. With your upper arms down at your sides, bend your elbows and hold your hands out in front of you. Your elbows should be about level with your navel. Or you can simply cross your arms on your chest.

- Keeping your feet and hips still, turn the top half of your body to the side.
- Return the upper body to its starting position.
- Turn the top half of the body to the other side.
- Repeat 5 to 15 times for each side.

## NECK STRENGTHENING EXERCISES

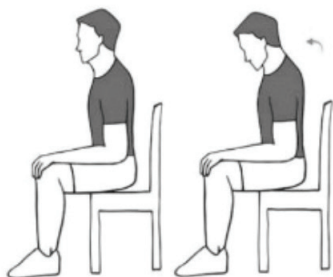


### Chin Pull

Sit with your back well supported and your feet flat on the floor.

- Pull your chin and head back gently.
- Return the chin to its starting position.
- Repeat 5 to 15 times.

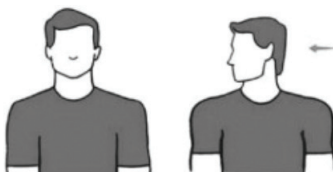
\* For increased range of movement, you may want to gently place one finger on the middle of your chin and push gently when you pull your head and chin back.



### Chin Drop

Sit with your back well supported and your feet flat on the floor.

- Bring your chin to your chest.
- Return the chin to its starting position.
- Repeat 5 to 15 times.



### Head Rotation

Sit with your back well supported and your feet flat on the floor.

- Turn your head to the side as if looking over one shoulder.
- Return the head to its starting position.
- Turn the head to the other side.
- Repeat 5 to 15 times on each side.

*- Tip! Don't hold your breath when you stretch. Remember to breathe slowly and naturally as you stretch. You should never feel pain when you are stretching.*

## LOWER BODY STRETCHES



### Front Thigh Stretch

Stand resting one hand on a wall or on the back of a chair for balance.

Hold your ankle or the hem of your pants with your hand and pull up gently.

- You should feel a stretch in the front of the thigh.
- Hold this position for 30 to 60 seconds.
- Stretch the other thigh in the same way.
- Repeat 3 times on each leg



### Back Thigh Stretch

Sit with your back straight, one foot flat on the floor and the other foot straight in front of you with the heel on the floor and the toes pointing upwards.

- Reach down to touch your foot, calf (back of lower leg) or knee (as far as you are able without pain). Remember to bend from the hip, not from the back. You should feel a stretch in the back of the thigh (upper leg).
- Hold this position for 30 seconds. Work up to holding the position for 60 seconds.
- Stretch the back of the other thigh (upper leg) in the same way.
- Repeat 3 times on each leg.



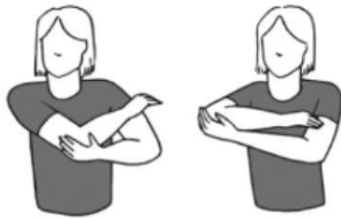


### **Buttock Stretch**

Sit with your back straight and one ankle placed on the knee of the opposite leg.

- Bend forward at the waist. You should feel a stretch in the buttock.
- Hold this position for 30 to 60 seconds.
- Stretch the other side of the buttock in the same way.
- Repeat 3 times on each leg.

## **UPPER BODY STRETCHES**



### **Shoulder Stretch**

Sit or stand with your back straight and one hand placed on the outside of the elbow of the opposite arm.

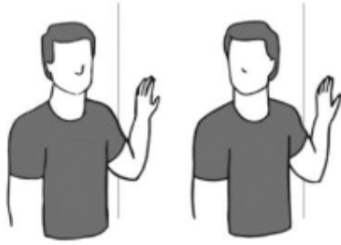
- Pull the elbow gently across the chest. You should feel a stretch in the shoulder of the arm being pulled.
- Hold this stretch for 30 to 60 seconds.
- Stretch the other shoulder in the same way.
- Repeat 3 times on each arm.



### **Shoulder and Back Stretch**

On a mat or carpet, place both knees on the ground hip width apart. Extend your arms straight out beside your head, while aiming to place your forehead on the ground. You should feel a stretch in your shoulders and back.

- Hold this stretch for 30 to 60 seconds.
- Repeat 3 times.
- \* To feel more of a stretch - extend the arms out further.



### Shoulder and Chest Stretch

Stand with one hand and forearm (lower arm) placed against a wall. The forearm ( lower arm) should be level with the shoulder. The elbow should be slightly behind the shoulder.

- Turn your head away from the wall. You should feel a stretch in your arm and chest.
- Hold this stretch for 30 to 60 seconds.
- Stretch the other side of the chest in the same way.
- Repeat 3 times on each arm.



### Palm Down Forearm Stretch

Sit or stand with your back straight and one arm straight out in front of you with the palm facing down.

- With your other hand, gently push down on the back of the hand that is straight out in front of you. You should feel a stretch in the forearm (lower arm).
- Hold this position for 30 to 60 seconds.
- Stretch the other palm in the same manner.
- Repeat 3 times on each hand.



### Palm Up Forearm Stretch

Sit or stand with your back straight and one arm straight out in front of you with the palm facing up.

- With the other hand, gently push down on the fingers of the hand that is straight out in front of you. You should feel a stretch in the forearm.
- Hold this position for 30 to 60 seconds.
- Stretch the other palm in the same manner.
- Repeat 3 times on each hand.



### Neck Stretch

Sit or stand with your back straight and your feet flat on the floor.

- Tilt your head to one side.
- Push down on opposite hand. You should feel a stretch in the side of the neck opposite the tilt.
- Hold this position for 30 to 60 seconds.
- Stretch the other side of the neck in the same manner.

## OTHER HELPFUL RESOURCES

Watch these Videos:

- [Pulmonary Rehabilitation Daily Fitness](#)
- [Pulmonary Rehab for People with Lung Disease](#)
- [Exercise after a COVID-19 Diagnosis](#)
- [Asthma and Exercise](#)
- [PhysioYoga: A Wellness Celebration of Lung Month](#)
- [The Power of Breathing: Utilizing the BradCliff Method](#)

***Pace yourself. Start with a few exercise and slowly build.***

***“It is often the small steps, not the giant leaps, that bring about the most lasting change.” - Queen Elizabeth II***