

Chapter 3

Exercise



Health Tips for Exercising with COPD

Exercise, at most any level, improves oxygenation, improves flexibility, decreases depression, and allows the individual to sleep better, especially for the COPD patient. Low-impact activities such as walking, bicycling, and swimming place minimum stress on joints and are easier to perform than high-intensity activities like running or jogging. COPD patients may also benefit from upper body exercises that are designed to increase strength of the respiratory muscles and improve flexibility.

Warm Up

You should warm up by moving your muscles and increasing the blood flow to these areas for at least a couple of minutes. After warming up – then you should stretch, but don't bounce as you stretch.

Set Achievable Goals

Set a goal that you know you can achieve and gradually increase them as you progress. Work up to 20 to 30 minutes two to four times a week. If you can only do five minutes of exercise the first week, then increase it to ten minutes the next and so on.

Vary Your Activities

Alternate your exercise activities such as bicycling, walking, and weight training. If you get bored, you are less likely to stick with an exercise program.

Choose Activities You Enjoy

Exercise shouldn't be something you dread! Enjoy it! Try many different activities to find the one(s) best suited for you and your lifestyle.

Exercise With a Friend

You will be able to motivate each other on those days you may not feel "up" to it. You should always be able to carry on a comfortable conversation while exercising. If you cannot, you need to slow down your pace.

Don't Make Excuses- Just Do It!

If your physician has approved you for low-impact activity, don't make excuses why you can't begin – just do it! Any exercise is better than NO exercise! Start slowly, and as you begin to reap the benefits of exercise, you will soon find you want to do more.

Remember To Cool Down

Stretching and walking at a slower pace allows your heart rate and blood pressure to return to normal.

Stop if You Experience a Problem

If you become sick to your stomach, become dizzy or weak, feel your heart beating in your chest (palpitations), become excessively short of breath, or have any pain, stop exercising and consult a staff member immediately.

Set Your Own Pace

Begin with a pace that is comfortable for *you*. You are never in a competition with anyone but yourself.

Have Fun. If you don't enjoy it, you won't continue it.

Reward Yourself

As you reach each of your goals however small, reward yourself in some way. You deserve it!

Prevent Osteoporosis

Weight bearing exercise has been shown to reduce if not reverse the bone loss in older individuals. Keep in mind that not all of your progress will be visible on the outside.





Lateral Raise Shoulder

This version of the lateral raise is a bit more challenging than the bent-arm version shown previously because the arms are straight; you may not be able to use as much weight as with the bent-arm version.

1. Sit or stand (preferably standing) and hold light-medium weights at the sides.
2. Keeping a slight bend in the elbow, lift the arms out to the sides, stopping at shoulder level.
3. Lower back to start and repeat for 1-3 sets of 10 reps.

Boxing Stretch

1. Stand up straight with your feet and shoulder width apart
2. Have both arm at chest level with closed fist
3. Begin with right arm and punch upward towards the ceiling and pull back down and switch with left arm repeat pattern for 10 reps

Zip up

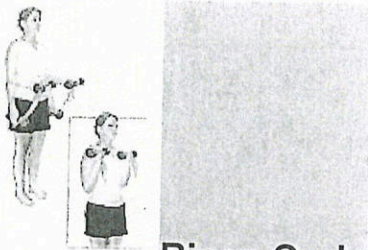
1. Stand up straight with your feet and shoulder width apart
2. Have both arms straight down with palms faced backward in a fist position.
3. Pull both arms together to chin level and return back to starting position and repeat for 1-3 sets of 10 reps.

Chest Press

1. Hold arm together like you're holding a beach ball.
2. Pull arm apart to the side and back together again.
3. Repeat for 1-3 sets of 10 reps.

Shrugs

1. Hold arms at sides with weights only shrugging your shoulders as high as possible and HOLD for 3 seconds then release.
2. Repeat for 10 reps.

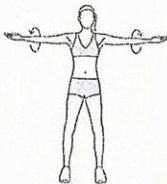


Bicep Curls

Using hand weights allows you focus on each arm separately; one arm will naturally be weaker than the other.

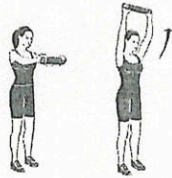
Remember to concentrate on our pursed lip breathing.

1. Stand up straight with your feet shoulder width apart.
2. Hold hand weights down by your sides, palms facing out.
3. Your elbows should stay fixed to your side throughout.
4. Focus on your biceps and lift the hand weights by bending at your elbow.
5. As you lift, keep your palms to face out.
6. Then slowly bring the hand weights back down to the starting position, keeping full control of the movement.



Arm Circles

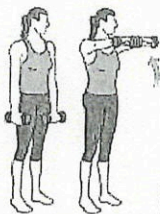
1. Stand up and extend your arms straight out by the sides. This will be your starting position.
2. Slowly start to make circles of about 1 foot in diameter with each outstretched arm. Use your pursed lip breathing technique as you perform the movement.
3. Continue the circular motion of the outstretched arms for about ten seconds. Then reverse the movement, going the opposite direction.



Overhead Shoulder with Hand Weights

Using your hand held weight, which will challenge each arm independently. You'll really feel a difference with this move as compared to barbell presses. Concentrate on your pursed lip breathing

1. Begin standing or sitting with elbows bent and weights next to the ears.
2. Press the weights up over the head.
3. Lower the weights, bringing the hands next to the ears and repeat for 1 - 3 set of 10



Front Raise Shoulder

Because the shoulder has three heads (the front, middle and rear deltoids), you want to choose exercises that target all three. The front raise targets the front deltoid although it does involve the other shoulder areas as well. For this move, you'll probably need lighter weights - your arms are straight, making this a long lever move and, therefore, more challenging.

1. Hold light-medium weights with arms straight down, palms face the thighs.
2. Slowly lift arms up to shoulder level keeping elbows slightly bent.
3. Exhale and lower back down.
4. This exercise can also be done with a light barbell or, if you're using heavier dumbbells, you can alternate arms.
5. Repeat for 1 to 3 sets of 10 repetitions, with a 20-30 second rest between sets.

Very important to concentrate on your pursed lip breathing technique and if needed take breaks through out sessions