

COPD: You Can Still Be Active

Staying active is important when you have COPD.

It may be hard to believe that activity is a good idea ...

especially if you're tired and out of breath when doing everyday tasks.

But moving more will make you stronger and help you have more energy.

You may even feel less short of breath.

This may help you be a little more independent ...

and make things like shopping or getting together with friends a little easier.

Maybe you have some ideas about how being more active might make you feel better ... and how that might change what you're able to do every day.

If you haven't been very active, getting started can be the hardest part.

This doesn't have to mean going to the gym.

It's more about finding things you enjoy ... and feel comfortable with.

Also ... it's a good idea to check with your doctor about which activities are right for you.

So what can you see yourself doing?

Is there an activity you've liked in the past ... or wanted to try?

Like walking ... or meeting a friend at the park?

Maybe something like gardening sounds better.

Try writing down three ideas ... and pick the one you like best.

You can schedule your activity on a calendar.

You may find it helps to get active with a friend ... even a four-legged one.

Or maybe you'd prefer to do things on your own.

The important thing is finding what works for you.

By now, you may have some ideas about activities you'd like to try.

Pick something you're interested in ... start small ... and ... why not start today?

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You can set a goal that feels doable for you.

Even 5 minutes of activity is a great start ...

and you can do more as you feel ready.

Think of it as a small commitment to yourself.

That commitment can have great benefits.

It can help you feel better ... so you can keep doing the things you enjoy.