

# EXERCISE

Despite self-isolation &  
a chronic lung condition

# YOU ALREADY KNOW THESE BENEFITS OF REGULAR EXERCISE

- Boosts your immune system – and you need this, right?
- Maintains your muscle strength and joint flexibility
- Reduces your risk of developing heart disease, diabetes and osteoporosis
- Helps keep a steady body weight, control blood pressure & cholesterol levels
- Improves your energy levels (yes, really), reduces tiredness, and helps you get a good sleep
- Eases anxiety and depression
- Generally makes you feel better!

# REDUCE YOUR SITTING TIME

- Get up and move around **EVERY 30 MINS**
- Get a drink of water
- Go to the loo
- Go outside to check the birds, the garden
- Put the TV remote out of reach - so you have to get up to use it
- Set a 30 min. alarm on your computer or smart phone to remind you



- Read Lung Foundation Australia's **Better Living with Exercise Handbook**, 32 pages, easy to follow. Free to download from <https://tinyurl.com/LFA-exercise>
- Take note of the warnings on pages 2-3. **Stop if you see signs of a heart attack**
- **Do not exercise** if your specialist has said it is not safe for you
- Ideally, these exercises should be prescribed by a trained pulmonary physiotherapist. With COVID-19 these are not ideal times

# STOP EXERCISING IF YOU FEEL -

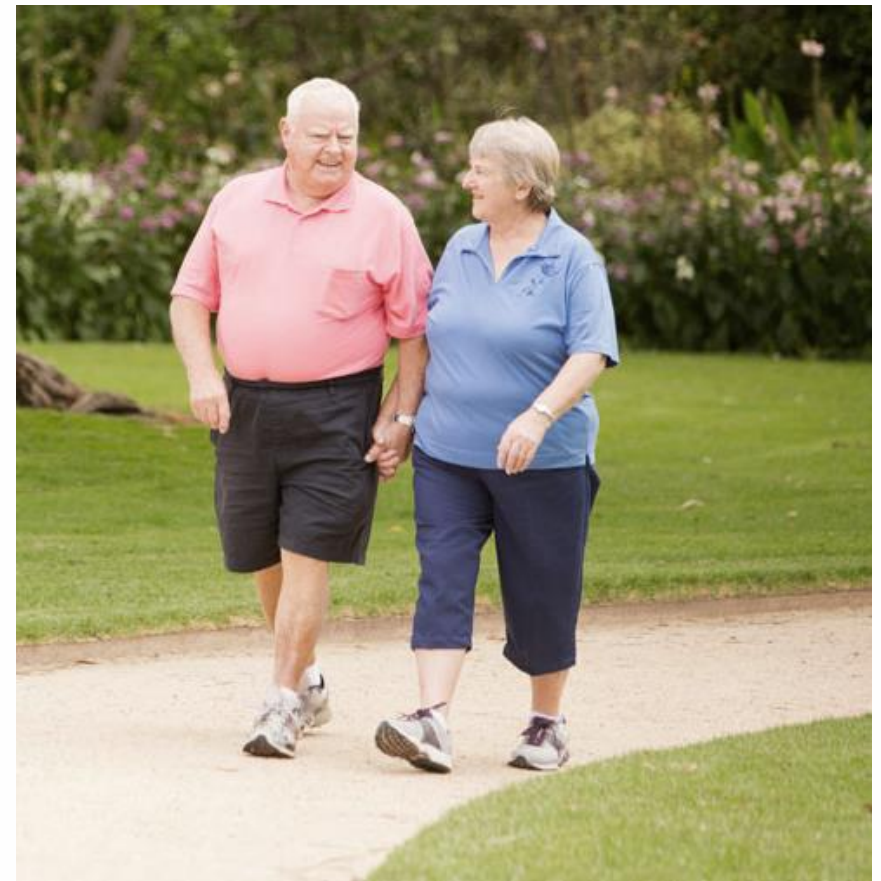
- Chest, neck or arm pain of unknown cause: heart attack signs – CALL 000
- Dizzy, faint, or nauseous
- Excessive wheezing
- Extreme pain
- Cough up blood
- Extremely short of breath
- Blurred vision
- Irregular heart beats



**SPEAK TO YOUR DOCTOR  
IF THIS DOESN'T SETTLE  
QUICKLY**

## AEROBIC EXERCISE WHICH MAKES YOU PUFF

- Walk for 20-30 minutes, keeping at least 1.5m away from anyone else you pass along the way
- Exercise bike or walking machine may be used instead
- Aim for **every day**, be happy with 3-5 times a week



# PRIORITIES

1. Walk
2. Leg strengthening exercises
3. Arm strengthening exercises

- Use it or lose it
- Take only 15-20 minutes a day
- Make a chart and record what you do, when you do it



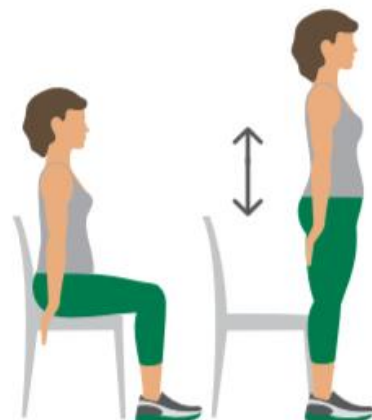
# LEG STRENGTHENING

- Step ups (hold onto something)
- Sit stand
- Heel raises (hold onto something)

STEP UPS



SIT-TO-STAND



HEEL RAISES





# ARM STRENGTHENING

- Shoulder press
- Bicep curl
- Wall push up (unless you have shoulder problems)

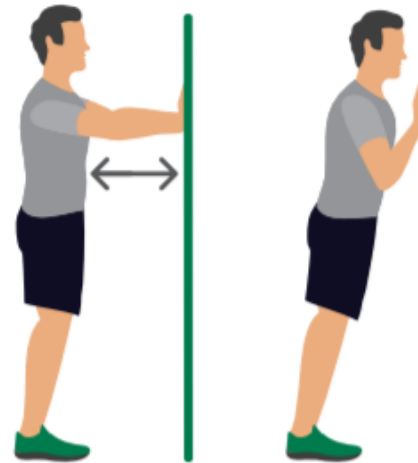
SHOULDER PRESS



BICEP CURL



WALL PUSH UP



- Calf stretch
- Trunk rotation

CALF STRETCH



TRUNK ROTATION



## HOW MANY? HOW HEAVY?

- Try 10 repetitions to start (each side if there's a right and left version)
- If that's too easy, increase by 5, 10, etc.
- Increase daily to a number that feels just right - not too hard, not too easy – the Goldilocks point
- For arm exercises with weights, start with two 400-500g cans (beans, tomatoes etc.) If that is too easy, increase the repetitions by 5 etc.
- When you can, increase the weight to 1kg, 1.5kg etc. if you have home gym weights, or substitute milk containers filled with water (1 litre weighs 1kg) or 2kg bags of rice
- Stop between sets of 10 to catch your breath, if needed

# MY EXERCISE DIARY

	Mon 6 Apr	Tues 7 Apr	Wed 8 Apr	Thurs 9 Apr
Walk 20-30 mins	20 (min)	24	28	30
Squat 10	10 (reps)	15	15	15
Step ups R & L	10	15	15	15
Heel raises	10	15	20	20
Sit stand	10	15	20	20
Shoulder press (R & L) 400g	10	15	20	25
Bicep curl (R & L)	10	15	20	25
Wall push up	10	15	15	20