



Advice on staying active

Staying active can help keep your overall health and help you stay positive.

There are many things you can do to make this happen:

Plan ahead

When you are not able to do as much as you used to, it is easy to feel overwhelmed.

You can probably still do a lot of the things you want to – but you have to take things at your own pace. Learn what situations make you breathless and plan around them. Then organise your day so you have rest periods in between tasks.

Get into a routine

Organise your week so you have things to look forward to. Regular commitments will help break up the week and promote an active social life. Make an effort to meet these commitments even if you don't feel like it. Often the very act of making this effort is all you need to change a negative day into a positive one.

Make time for exercise

Many people feel that because they have COPD they shouldn't exercise, but in fact **the reverse is true**. Breathlessness can make it hard to exercise, but if you persevere you will feel the benefits.

First, you should consult your doctor about what type of exercise is right for you. Also you will be more likely to keep up exercise if you find something you enjoy. Another tip is to find an exercise partner – you are less likely to break a commitment if you have a partner.

Start with gentle exercise. You don't have to start a completely new way of life or join a gym. It can be as simple as a walk in the local park.

In the long term, exercise can make you less short of breath and stop your muscles getting tired as quickly. Another benefit of exercise is that it helps keep you positive and motivated, which can improve your sense of well-being.



Take time to relax

It can be very difficult to relax, particularly if you feel you are not getting as much done during your day as you used to get done.

However, it is important to take time to relax. There are many good relaxation techniques that will leave you with a sense of well-being.

Your doctor may be able to help put you in touch with someone, an alternative practitioner or a psychologist, who would be able to teach you relaxation