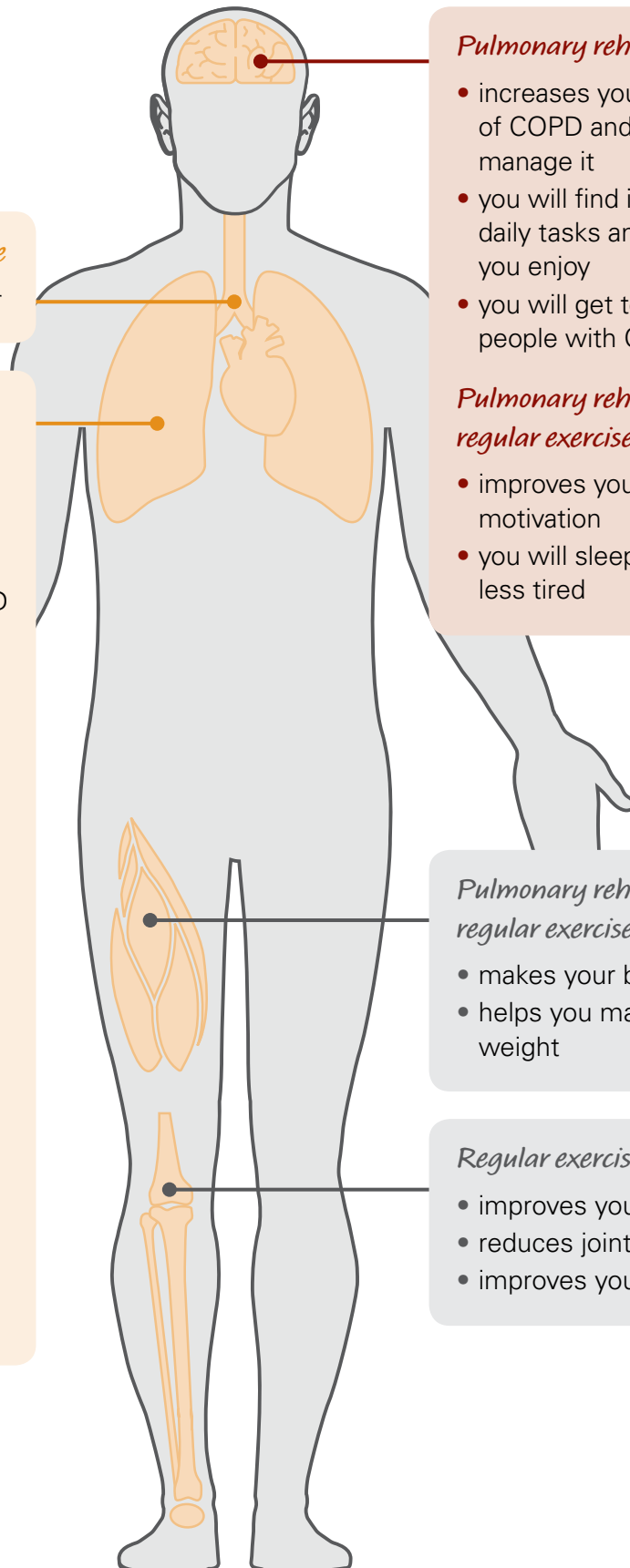




How taking action can improve your COPD



Regular exercise and being active

- helps to keep your chest clear

Pulmonary rehabilitation

- reduces your breathlessness
- slows down worsening of lung function
- reduces your chance of having to go to hospital for your COPD
- shortens recovery time after having a flare-up

Quitting smoking

- improves your lung health
- slows down the progression of COPD

Up-to-date flu and pneumonia vaccinations

- reduces your chance of a flare-up, serious illness or having a hospital visit

Managing your inhaled COPD medicines well

- helps to reduce your COPD symptoms, flare-ups and hospital visits
- reduces side effects

Pulmonary rehabilitation

- increases your knowledge of COPD and your ability to manage it
- you will find it easier to do daily tasks and the things that you enjoy
- you will get to meet other people with COPD

Pulmonary rehabilitation and regular exercise

- improves your mood and motivation
- you will sleep better and feel less tired

Pulmonary rehabilitation and regular exercise

- makes your body stronger
- helps you maintain a healthy weight

Regular exercise

- improves your bone strength
- reduces joint pain
- improves your balance