

# Exercise Your Lungs

## Tips for Safe Exercise

1. Please consult your health care professional before starting any new exercise regime
2. **It's alright to be out of breath.** You should always be able to talk whilst exercising
3. Do not exercise if you feel unwell
4. Drink plenty of water during the day
5. 500ml bottles of water are ideal hand weights
6. Stop if you become too breathless or feel unwell

## Easy Exercises to Do at Home

Simple exercises at home can improve your strength and help you feel fitter. Listening to music or the radio whilst doing them will help you keep going!

Make some kind of exercise part of your daily routine:

- A short walk to the shops or park
- Try to increase your distance and speed each week.
- In cold weather, try walking in the local covered shopping centre or try these simple exercises at home.



**Huffing** – Take a medium breath in, then breathe out through a very open mouth (as if fogging up a mirror to clean it) You can do this 2 or 3 times until the “rattle” of phlegm is gone. You may need to cough after huffing to remove phlegm.

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For help to quit smoking call  
the National Smokers' Quitline  
on 1850 201 203 or visit  
[www.quit.ie](http://www.quit.ie)

### EXERCISE NO. 1: SIT TO STAND

- Stand up from a sitting position
- Keep your feet shoulder width apart



### EXERCISE NO. 2: SHOULDER RAISES

You can use two small 500ml water bottles for handweights in this exercise.

- Stand with hand weights or water bottles
- Raise your arms up and down to shoulder height
- March on the spot at the same time



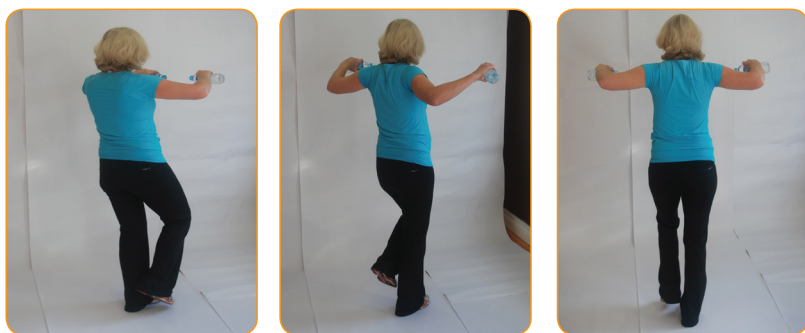
### EXERCISE NO. 3: STEP UPS

- Hold onto the rail and keep legs shoulder width apart
- Step up onto the bottom step of the stairs
- Step down and step up again



### EXERCISE NO. 4: CHEST AND SHOULDER EXERCISES

- Stand with your arms up at shoulder height and elbows bent
- Hold a hand weight or bottle of water in each hand
- Pull your elbows back and squeeze shoulder blades *as if you are squeezing something between them*
- Release your arms and repeat
- March on the spot at the same time



Repeat all 4 exercises as many times as is comfortable

**Breathe out through pursed lips like you are blowing out a candle. Ensure that your breath out is twice as long as your breath in.**