

ROLE OF EXERCISING IN LUNG HEALTH

22 January, 2016

We are always being encouraged to exercise because it is good for us. However with impaired lung function there are very special reasons why exercise is good. The benefits include:

- a) Exercising on a daily basis improves fitness. Fitness is about your tissues using oxygen more efficiently and so one can either achieve more with the same lung function or can cope better with adversity such as having pneumonia or falling and breaking a rib. Being able to do more allows more socialisation and less depression.
- b) Regular exercise stimulates mobilisation of secretions and helps lung clearance
- c) Regular exercise will lead to a small but definite weight reduction over time

The most important thing is the regularity of exercise not necessarily the intensity.

Exercise can be more beneficial if it is with a friend or partner or as part of a keep fit or pulmonary rehabilitation class.

Varying the nature of the exercise or the location can also be beneficial.

The Lung Health Clinic can assist you with advice about exercise or pulmonary rehabilitation programs.

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