

## When, where and how to exercise

### How?

- **Choose a type of exercise that you enjoy.** Many types of activities can be beneficial to your health.
- **Take your medication regularly, as prescribed.** Taking your medication regularly helps you control your symptoms during activities requiring an effort. In some situations, taking your rescue medication (bronchodilator) before exercising can help you control your shortness of breath even more. Discuss this with your doctor.
- **Wear comfortable clothes and footwear** that are suitable for the room temperature, and will allow freedom of movement.
- **Use your breathing techniques.** By using the pursed-lip breathing technique during exercise, you will be less breathless. **Speak to your healthcare professional or to your doctor if you are not familiar with this technique.**

### Pursed-lip breathing technique



1. Inhale slowly through your nose.



2. Purse your lips as you would to whistle.



3. Exhale slowly while keeping your lips pursed.

**Note:** Do not force your lungs to empty.

## How do you know if the intensity of your effort is adequate?

Use the **scale of perceived exertion** shown below to evaluate your level of breathlessness between 0-10. Then, using the same scale, evaluate the intensity of your muscular fatigue.

### Scale of perceived exertion

Intensity of the sensation (breathlessness, fatigue)



|    |                   |
|----|-------------------|
| 0  | None at all       |
| 1  | Very light        |
| 2  | Light             |
| 3  | Moderate          |
| 4  | Somewhat severe   |
| 5  | Severe            |
| 6  | More severe       |
| 7  | Very severe       |
| 8  |                   |
| 9  | Very, very severe |
| 10 | Maximal           |

Adapted from the Borg scale<sup>6</sup>

Start at a comfortable pace. It is normal to experience slight breathlessness. It is recommended to perform your exercises at a level of breathlessness and fatigue between **4 and 6 on a scale of 10**. For example, at this level, you should be able to respond to somebody, but not to carry on a conversation.

#### Important:

**Do not go over level 6 of the scale.** If you go over level 6, the intensity of your effort is too high.