

# PULMONARY REHABILITATION AT HOME

Continue your progress to regain strength, improve lung function and breathe easier

Pulmonary rehabilitation leaders suggest exercising at least three times a week for 30 minutes a day. Simple at-home exercises and ideas include:



**TAKING SHORT WALKS  
AROUND THE HOUSE**

**GOING UP AND DOWN  
A FEW STAIRS**



**MARCHING IN PLACE**

doing arm circles or leg lifts, chair dancing and lifting small weights or canned goods



**DOING DEEP BREATHING EXERCISES**

many find listening to soft music helpful as they practice breathing techniques

**STRETCHING EXERCISE TO  
INCREASE FLEXIBILITY AND POSTURE**

when your posture improves, you naturally begin breathing better

