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