

Walking and Breathing With Rhythm

Walking is an important exercise for people with chronic lung disease. Walking may cause shortness of breath but it will not harm you. Some people find it helpful to coordinate breathing control with walking techniques. As you walk more regularly, you will feel stronger.

- Walk with good posture and swing your arms loosely in a relaxed fashion. If you are tense, your muscles use more oxygen, so keep your shoulders and chest relaxed.
- Use Pursed Lip Breathing when walking. Inhale through your nose and exhale through pursed lips. Exhale slowly and comfortably, not forcibly, breathing out twice as long as you breath in. This will keep your breathing slow and restore oxygen to your body more rapidly. See “Breathing Effectively” handout.
- Try not to take deep breaths. This traps air in your lungs and causes chest tightness and shortness of breath.

Walking on the Level

- Set a reasonable goal and plan to include rest stops.
- Start with a short walk. Note how far you have walked when you become slightly breathless. Stop, rest, practice Pursed Lip Breathing.
- Walk at your natural pace.

Walking up a Hill

- Use the pacing and breathing control - smaller steps.
- Stay relaxed.
- Pick a location you can reach comfortably. When there, stop and make sure you are in control of your breathing. Rest if needed. Now, pick a new spot and pace walk to it. **NO RUSHING!**
- Continue up the hill using the pacing and Pursed Lip Breathing.
- Remember to stop when you begin to become short of breath. Continue when you regain control of your breathing.

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STAIR CLIMBING

Stair climbing can be strenuous. Practicing breathing control and pacing can alleviate shortness of breath. Here are some techniques to make it easier so you don't have to avoid stairs..

Walking Up Stairs

Safety first. Use the handrail and place your foot flat on each step.

1. Pause at the bottom of the stairs. Inhale.
2. Breathe out through pursed lips while climbing 1-4 steps.
3. Pause with both feet on the same step. Inhale. Stay still while breathing in.
4. Exhale and climb 1-4 steps.
5. Repeat to the top of the stairs.

Walking Down Stairs

Safety first. Use the handrail and place your foot flat on each step.

1. Pause at the top of the stairs. Inhale.
2. Walk down 1-4 steps as you exhale.
3. Pause with both feet on the same step. Inhale.
4. Exhale and continue down 1-4 steps.
5. Repeat to the bottom of the stairs.

Once you have mastered this technique, try taking the stairs instead of the elevator. It's good exercise!

