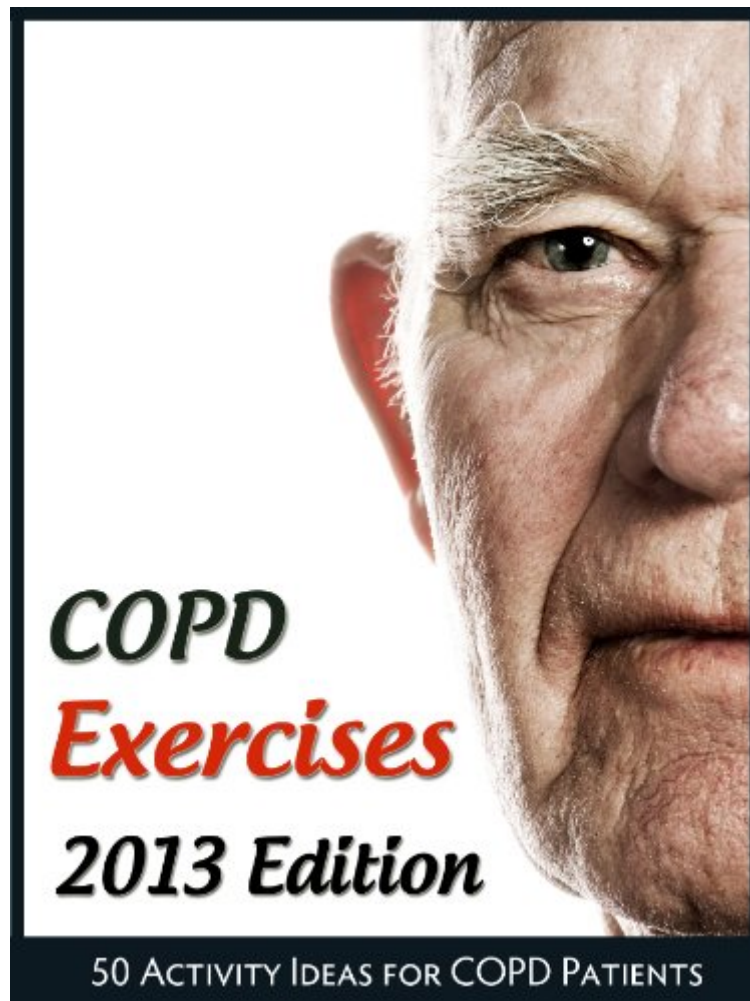


The book was found

COPD Exercises 2013: 50 Activity Ideas For Chronic Obstructive Pulmonary Disease Patients



Synopsis

Chronic obstructive pulmonary disease, or COPD, though the term sounds so medical and unfamiliar, is actually a common disease among the human population. Typically, the airflow to the lungs is obstructed, which results to shortness of breath and cough. As it is usually caused by smoking, it is foreseen to be the 4th leading cause of death in the world come 2030. It sounds dangerous, so if youâ™re stuck with COPD, you can eventually get yourself out of it. But it takes a lot of work- and the most would come from you. Studies show that people with COPD engaged in exercising see improvement in their breathing and life. And donâ™t fret about the exercise being physical because it is good. You do need it to get better, just make sure you do it the right way and with guidance from your doctor. Discover inside this book the 50 ways to get involved in helpful COPD activities

What's in the book

1. Take a walk
2. Go under pulmonary rehabilitation
3. Lose weight
4. Eat healthy
5. Create your own music video
6. Conjure some art
7. Go jogging
8. Bike around
9. Do some breathing exercises
10. Lift some weights
11. Get into aerobics
12. Stretch in the morning
13. Try the wheelchair exercise
14. Inhale, exhale
15. Get yourself into gardening
16. Indulge in some enjoyable sing-along activity
17. Walk your pet
18. Engage in a mild sport
19. Play Wii
20. Take a trip to the mall
21. Get in touch with other COPD patients
22. Stop smoking
23. Avoid exposure to second hand smoke
24. Take oxygen therapy
25. Buy a stationary bike
26. Swim, swim, swim
27. Practice tai chi
28. Take your medicines
29. Do some yoga
30. Undergo disease management
31. Undergo stress management
32. Do household chores
33. Use the treadmill
34. Jump in
35. Dance it all away
36. Take photographs
37. Walk the last few blocks home
38. Bake your way
39. Rock it out
40. Get a massage
41. Try the trampoline
42. Make doctor consultations a habit
43. Grocery as an exercise
44. Take a picnic
45. Listen to soothing music
46. Laugh
47. Watch the sunset
48. Play a light game of kickball
49. Water volleyball
50. Thereâ™s always the Internet

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