

No cost No wait lists No referral required

BREATHE Better | Stay STRONG

An at-home exercise and education program from the Canadian Lung Association

For individuals diagnosed with COPD, asthma, cystic fibrosis, pulmonary fibrosis, bronchiectasis, sarcoidosis or other interstitial lung disease

About the program

The program includes:

- An introductory module of self-assessments for health and well-being, self-management and exercise tolerance
- 8 learning modules
- A concluding re-evaluation module
- A 35-minute exercise routine that can be done seated or standing and adapted to different fitness levels (video)
- A breathing techniques video (pursed-lip breathing, diaphragmatic breathing, huff coughing, recovery breathing)
- Helpful tools, links to other trusted websites and downloadable resources
- A monthly online support group led by a respiratory therapist and certified respiratory educator

Each module covers a topic that is important to lung health or overall wellness.

- Understanding Your Lungs
- Symptom Self-management
- Medications for your Chronic Lung Disease
- Smoking and Nicotine Cessation
- Managing Moods and Wellbeing
- Nutrition for your Chronic Lung Disease
- Oxygen Therapy
- Advance Planning and Self-Management



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Canadian Lung Association
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