

BREATHE BETTER and STAY STRONG

At-home exercise and education program for individuals with chronic lung disease

What is *BREATHE Better* | *Stay STRONG*?

Our program helps you learn about your disease, take part in regular exercise and connect with others with similar experiences — all from the comfort of home! This can help you live more confidently and with fewer symptoms, improving your quality of life.

Who is the program for?

If you have been diagnosed with COPD, asthma, bronchiectasis, cystic fibrosis, pulmonary fibrosis, sarcoidosis or other interstitial lung disease, this program can help you to keep doing the things you enjoy with the ones you love.

What's included in the program?

The program includes:

- 10 modules you can do at your own pace
- Self-evaluations and re-evaluations
- An exercise program
- An optional monthly online support group

What if I'm on a waiting list for an in-person pulmonary rehab program?

BREATHE Better | Stay STRONG doesn't replace in-person pulmonary rehabilitation. You can use this program while you wait for an opening in an in-person program. You can also use this program to stay active throughout the week if you are currently taking part in an in-person program.

What if I already did an in-person pulmonary rehab program?

It's important that the skills and practices you learned in pulmonary rehab become lifelong habits. Even if you've already taken part in a pulmonary rehab program, you can use our virtual program to help you maintain your health over the long term.

If you have other questions, send us an e-mail: breathe@lung.ca

Sign up at
www.lung.ca



Canadian Lung Association
B R E A T H E