

# BreatheSTRONG

Education Exercise Resources Support  
*for individuals with chronic lung disease*

## What is BreatheSTRONG?

BreatheSTRONG is a free, self-paced online course that helps you learn about your lung disease and how to manage it. It provides lung-safe exercise and is a way to 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.

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## Who is this course for?

If you have been diagnosed with COPD, asthma, bronchiectasis, cystic fibrosis, pulmonary fibrosis, sarcoidosis or other interstitial lung disease, and want to take control of your lung health, BreatheSTRONG is for you.

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## What's included in the course?

- 12 learning modules you can do at your own pace
  - Self-evaluations and re-evaluations
  - An exercise program
  - An optional monthly online support group
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## Should I take the course if I'm on a waiting list for an in-person pulmonary rehab program?

BreatheSTRONG is an excellent complement to an in-person pulmonary rehabilitation program. You can take the course 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.

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## Should I take the course 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, this course can help reinforce what you learned and help you maintain your health over the long term.

Sign up at  
[www.lung.ca](http://www.lung.ca)



If you have other questions,  
send us an e-mail: [breathe@lung.ca](mailto:breathe@lung.ca)

Canadian Lung Association  
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