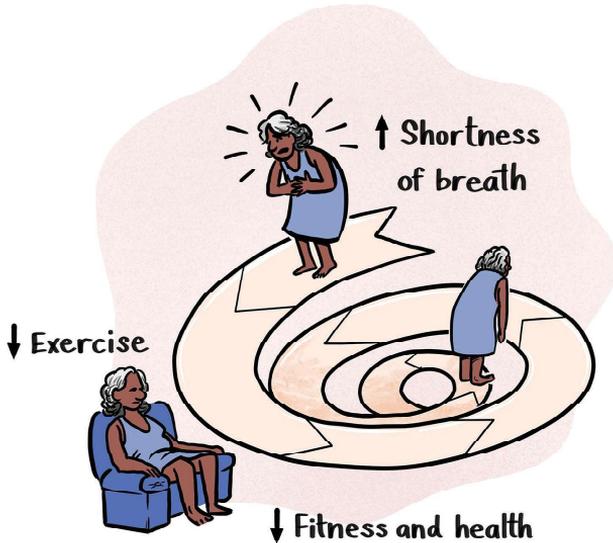
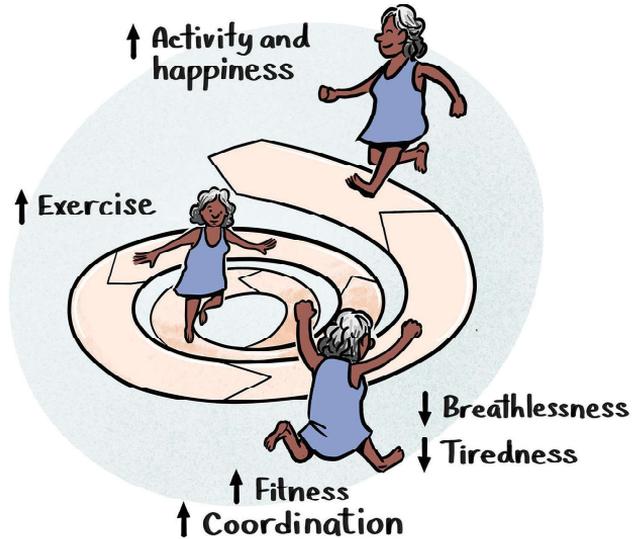


REVERSE THE DISABILITY SPIRAL

**AVOIDING ACTIVITY
MAKES THINGS WORSE...**



**...BUT EXERCISE
IMPROVES THINGS**



What happens if a person doesn't exercise (left-hand side of the illustration)?

When people do not exercise or are not physically active they get less fit and weaker.

When a person has COPD, they can become more breathless when they move, which means they are less active. This may mean they get less fit and when doing regular activities such as shopping, cleaning or looking after kids they feel even more breathless. This is called the spiral of inactivity (disability spiral)

where the less someone does, the worse they may get and even small amounts of moving may make them breathless.

What changes when a person with COPD does fitness training (right-hand side)?

In a pulmonary rehabilitation program, fitness training like walking on a treadmill, walking on a flat track inside or outside, or riding a stationary cycle aims to reverse this spiral of inactivity (disability spiral) so that a person living with COPD can move more and feel less breathless.