

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) & EXERCISE

WHAT IS COPD?

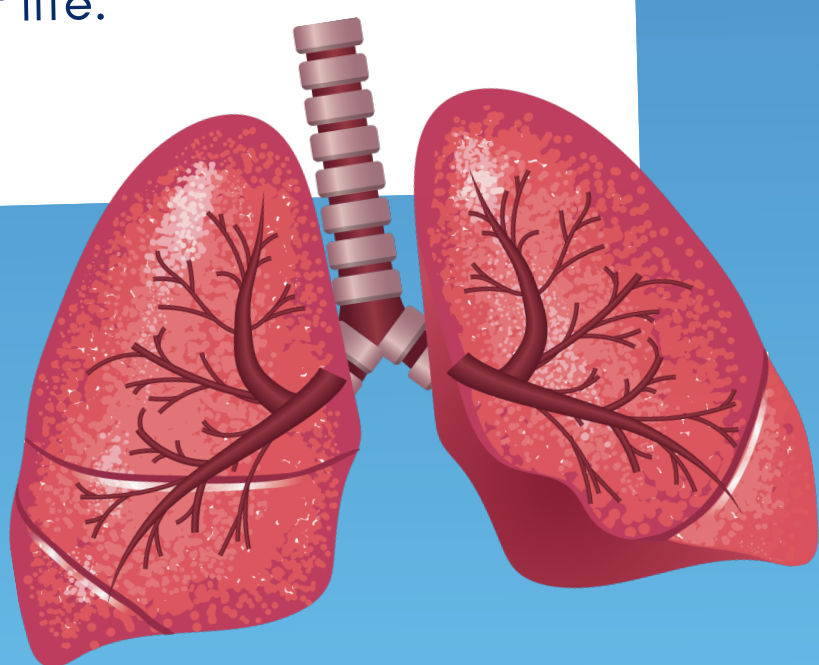
COPD is a progressive long-term disease of the lungs that causes shortness of breath. COPD is an umbrella term that includes:

- Emphysema,
- Chronic bronchitis, and;
- Chronic asthma.

Despite there being no cure, it is treatable and largely preventable, and there are strategies that people with COPD can implement to breathe easier, keep out of the hospital, and improve their quality of life.

HOW DOES EXERCISE HELP?

It's important to note that each person experiences COPD differently. Regular exercise creates benefits in physical conditioning and functional capacity, giving individuals with COPD an increased ability to participate in recreational or lifestyle activities, thus enhancing quality of life.



FIFTY
50 by



50% UNAWARE

HALF OF PEOPLE THAT SUFFER FROM COPD ARE UNAWARE THEY EVEN HAVE IT

BENEFITS OF EXERCISE:

- 01 REDUCED BREATHLESSNESS & SENSATION OF BREATHLESSNESS
- 02 IMPROVED CARDIOVASCULAR CONDITIONING & ENDURANCE
- 03 IMPROVED ENERGY LEVELS, SLEEP & IMMUNE STRENGTH
- 04 IMPROVED BONE DENSITY & MUSCLE STRENGTH / ENDURANCE
- 05 REDUCED SYMPTOMS OF ANXIETY / DEPRESSION
- 06 IMPROVED SELF ESTEEM, SELF CONFIDENCE AND BODY IMAGE
- 07 REDUCED HYPERINFLATION AND DECREASED BLOOD PRESSURE

HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed for your specific needs to improve your health. Fifty 50 group fitness is also available across all club locations.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.