

# RESPIRATORY RECOVERY PROGRAM

## WHAT IS THE RESPIRATORY RECOVERY PROGRAM?

**Respiratory recovery is an evidence-based exercise program facilitated by Club Active Accredited Exercise Physiologists, designed to improve your health and recovery after a COVID-19 diagnosis.**

The program includes:

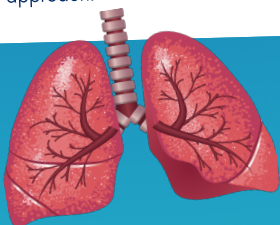
- One-on-one Exercise Physiology assessment.
- Progressive Exercise program tailored to symptoms and presentation.
- Correspondence with medical professionals and multidisciplinary support as needed.

## THE FACTS

Most common symptoms after COVID-19 are shortness of breath, fatigue and limits in leisure and social activities. These symptoms have been reported to come and go with specific triggers.

## HOW OFTEN SHOULD YOU EXERCISE?

After COVID-19 the first steps are to reintroduce daily activities and be able to complete these relatively symptom free. You can typically commence a **tailored exercise program** within 10 days post, provided the worst of your symptoms has eased and you are conservative in your approach.



**OF PEOPLE AFFECTED, 20% HAD PULMONARY IMPAIRMENTS POST-COVID, EVEN WITH MILD DISEASE PRESENTATION.**

## WHAT IS LONG COVID?

Long covid is the term given to signs and symptoms that continue for a period post COVID-19 and aren't explained by another diagnosis. International studies are finding over 50% reported some persistent symptoms.



## HOW TO BOOK IN

For bookings, contact your local Club Active facility. Visit our website for contact information. Alternatively, please enquire via email: [info@clubactive.com.au](mailto:info@clubactive.com.au)

Healthcare rebates are available for eligible clients to reduce program costs.

# RESPIRATORY RECOVERY

## 5 POSITIVE IMPACTS OF EXERCISE!

01



### IMPROVE EFFICIENCY:

As you begin exercising, your symptoms may not change however, the amount you can do before you trigger those symptoms, like breathlessness or fatigue, will increase. Ultimately meaning you can do more!

02



### INCREASE CONFIDENCE:

Breathlessness is a very unsettling and distressing sensation. Learning breathing techniques and gently challenging exercise intensity can ease the distress associated with breathlessness.

03



### INCREASE FUNCTIONAL CAPACITY:

Regular strength and aerobic exercise has been proven to increase strength, aerobic capacity, endurance and assist with activities of daily living and functional movements.

04



### DECREASE DEPRESSION:

Exercise has been proven to be effective at relieving symptoms of depression and anxiety and in some cases can be as affective as medication in treatment.

05



### RETURN TO LEISURE AND SOCIAL ACTIVITIES:

The ultimate benefit of this program is that it assists you return to leisure and social activities, especially those that may be active based like golf.

