



Walk More!

- Always try to take the stairs
- Take a weekend walk with friends
- Take a family walk after dinners
- Take a 5-minute walk break every hour
- If you take the bus, get off a stop early, and walk the rest of the way home or to work
- If feasible, walk to the grocery store
- Walk the dog
 - If extended activity is not possible, take two shorter walks, in the morning and evening
- If you drive to the store, park further away and walk in
- Choose to walk up hills rather than around them

At Home Activity

- When watching TV, sit down and stand up repeatedly, or walk in place
- Whenever you stand up, do 10 steps in place before walking to your next destination
- Play with the dog outside
- Do a full-body stretch and shake out your arms and legs each time you get up
- Do small repairs around your house (Safety First! Talk to your doctor about safety recommendations)
 - Clean your house: vacuum, dust, make the bed, do laundry
- Start gardening, or do other yardwork
- Wash the car by hand
- Put on music and dance when making dinner

Exercise

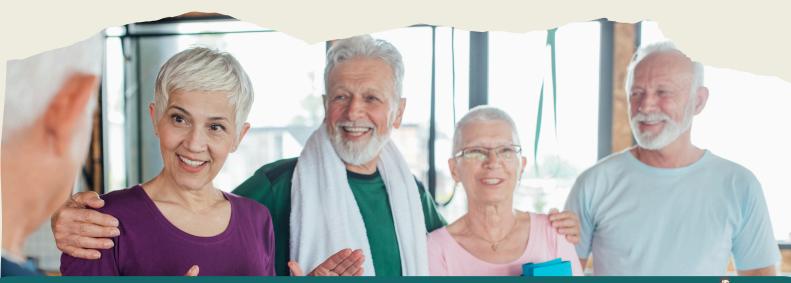
- Find a community that matches your lifestyle
 - o Yoga, aerobics, jazzercise, Zumba, tai chi, tennis, walking clubs, weightlifting etc.
 - Breathwork exercises: playing musical instruments, singing,
 - Use the internet! YouTube has great beginner exercise videos
- Join ILFA's exercise class
 - FREE online classes every Monday, Wednesday, and Thursday led by a respiratory physiotherapist (Email <u>Info@ilfa.ie</u> for more information)
- Go to kids/grandkids' sports games and pace the sidelines







- Doing anything is better than nothing!
- What's stopping you from exercise? If you are struggling, try just one new activity per day.
- Keep goals small and consistent to maintain progress.
- · Slowly increase length and frequency of your activities to continue to improve.





These are simple suggestions of ways to increase daily physical activity. Always speak to your doctor about exercise recommendations and restrictions

