

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
 - 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 Info@ilfa.ie for more information)
- Go to kids/grandkids' sports games and pace the sidelines



Additional tips

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- 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.



Disclaimer*

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

