

# Benefits of Exercise

## Spiral of Deconditioning

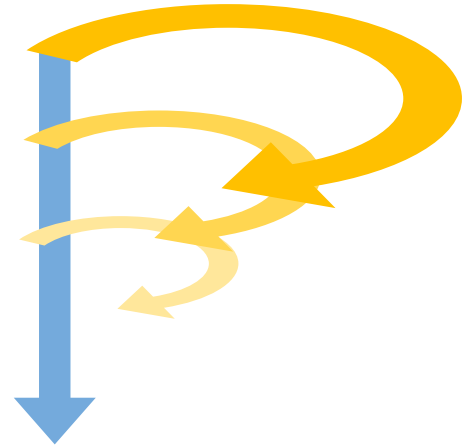
Some people may decrease the amount of activity they do when they feel short of breath. This can make muscles weaker over time and daily activities become harder. The feeling of shortness of breath begins to worsen as the cycle continues.

**Shortness of Breath**

**Decreased Activity**

**Deconditioning**

**Decreased function**



## Benefits of Regular Exercise

- Decreases shortness of breath
- Stronger and more flexible muscles
- Increases movement of joints
- Enhances co-ordination and balance
- Improves bone strength
- More efficient use of respiratory muscles
- Improves function of heart and lungs
- Facilitates digestion
- Optimizes weight control and increases lean muscle mass

## Psychological Benefits of Regular Exercise

- Feeling good
- Increased confidence
- Better memory
- Improved self-image
- Reduce cravings (alcohol, cigarettes and food)
- Better relaxation and sleep
- Less anxiety
- Reduced depression

Regular exercise is important in maintaining and improving your activity level. Start slow and take your time to progress.