

Rehab Services



Physical Activity

Being active, because there's only one you



What are the benefits of being more active?

Physical activity refers to all movement and has significant health benefits. Keeping active can have positive effects on your physical, mental and emotional wellbeing.



Increases
self-esteem



Improves
mood



Improves
quality of life



Improves
sleep quality



Decreased
time in
Hospital



Able to walk
further



Reduces
feeling of
breathlessness



Improves ability
to perform daily
tasks



Less
fatigued



Improves
muscle
strength



Reduces risk
of falling



Helps
anxiety



Increases
confidence



Increases
independence

How can being active improve breathlessness and fatigue?

By becoming more active you can significantly improve not only your breathlessness, but your mindset around physical activity.



Follow these top tips to keep you active:

1 Try and build small amounts of activity into your daily routine in episodes of 10 minutes at a time. Do a little even when you're feeling tired.

2 An adequate warm up before and cool down after can help minimise pain especially if you have joint pain.

3 Find an activity you enjoy that can fit in easily with the routine you already have.

4 Don't expect remarkable changes. Even small changes that may be unnoticeable will be giving you a benefit.

5 Pace yourself so you feel you have been active but do not drive yourself to exhaustion. Little and often can be better.

Follow these top tips to keep you active:

6

Exercise is often more enjoyable in groups with social interaction helping with motivation, support and fun.

7

Be aware of your breathing. If you can only speak single word sentences you're working too intensely.

8

Consider the use of chair based exercise programmes.

9

Keep a record of your progress so you can see what you've achieved.

My Activity Plan

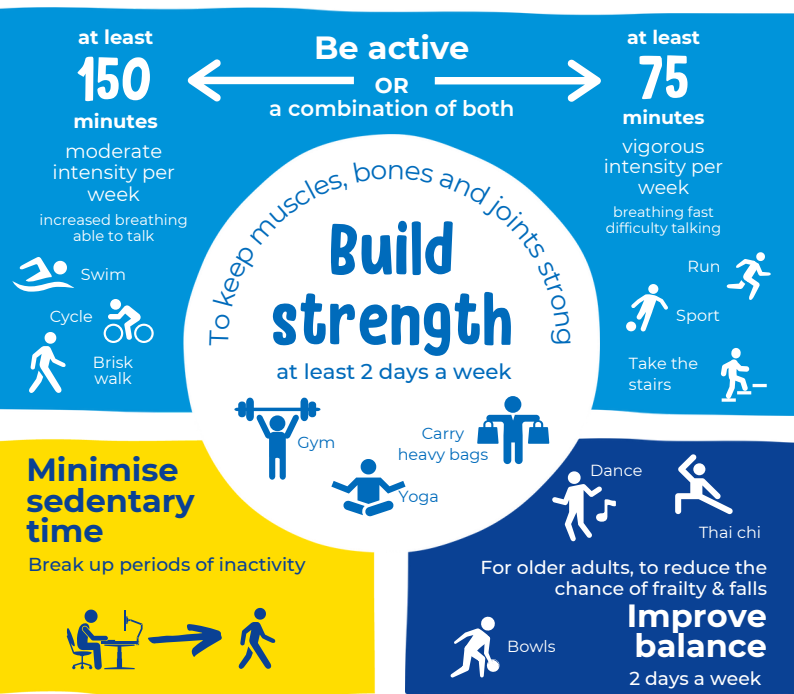
How I did					
Sun					
Sat					
Fri					
Thurs					
Weds					
Tues					
Mon					
	Week 1	Week 2	Week 3	Week 4	Week 5

My Activity Plan

How I did					
Sun					
Sat					
Fri					
Thurs					
Weds					
Tues					
Mon					
	Week 6	Week 7	Week 8	Week 9	Week 10

How much physical activity should you do?

These are guidelines from Chief Medical Officers in the UK. However, don't despair: lower volumes, intensities and frequencies of physical activity all have benefits for people with health conditions. "Some is good, more is better". Remember to "chunk down" the recommended times.



Build activity into everyday life

Stand during
advert breaks



At home



Yoga,
pilates, tai chi, dance



Walking



House work

Home-based
exercise



Dog Walking



Playing with
children

Singing



Exercise class



Gardening



At play



Get up & talk to
colleagues



At work



Chair-based
stretches

Walking lunch break



Avoid prolonged
sitting

How hard should I work?

There are ways in which you can measure and monitor your breathlessness during physical activity.





The talk test

When you are exercising, try saying out loud: "This activity is going to do me good!"

- If you can say the sentence with two or three stops for breath, you're working at a moderate intensity. This is your aim.
- If you can say the whole sentence without stopping, you are not working hard enough.
- If you can't speak, or can't say more than one word at a time, you are working too hard.

Borg Breathlessness Scale:

A way to rate how short of breath you are.

0	Nothing at all	
0.5	Very, very slight (just noticeable)	
1	Very slight	
2	Slight	
3	Moderate	
4	Somewhat severe	
5	Severe	
6		
7	Very severe	
8		
9	Very very severe (almost maximal)	
10	Maximal	

At the end of any exercise you should feel that you have worked at "moderate / somewhat severe" level of breathlessness.

Taking action

- Set your SMART goals
- Make your own action plan.
- Choose local activities that fit into the routine and lifestyle you already have.
- Choose activities you enjoy. These could be with friends or family.
- You don't need to spend lots of money – choose activities you can afford such as walking in a park.
- Think about what could get in the way of you becoming and staying active and how you would overcome these barriers.

Useful resources to help you achieve your goals:

Hospice

Hospice Wellbeing Resources -
www.hospice.org.im/wellbeingresources

Apps & tools

Fitbit

Active 10

10 today.co.uk

Couch to 5K

Websites

Macmillan - macmillan.org.uk

BLF- www.blf.org.uk (local BLF support - Breatheasy IOM)

NHS - www.nhs.co.uk

Physical resources

Murrell sensory Walkway - Hospice walking route. See leaflet at Hospice reception.

Questions?

Any other questions please contact:

Physiotherapist
01624 647422

Occupational Therapist
01624 647447

Rehabilitation Department
Hospice Isle of Man
Strang
Isle of Man
IM4 4RP



Hospice
ISLE OF MAN