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When you have COPD, You should know how to Exercise and Why?

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Introduction

Although there is no treatment for chronic obstructive pulmonary disease, exercise can help to alleviate symptoms and improve overall health. Before beginning an exercise plan, a person should speak with their doctor and prevent overexerting themselves [1]. Chronic obstructive pulmonary disease (COPD) is a set of disorders that induce breathing difficulties and restrict airflow. Chronic bronchitis and emphysema are two of them.

COPD is a disease that affects millions of people in the United States. Many more people have COPD but haven't been diagnosed or aren't receiving therapy. COPD has no cure; however it can be treated by medical professionals. Exercise is one treatment that experts have discovered can help with COPD symptoms [2].

Exercise improves blood circulation and the heart's ability to deliver oxygen to the body. It also helps to improve respiratory muscles, making breathing easier.

How Exercise Can Help?

A person with COPD may believe that exercising is dangerous or impossible since it causes them to get exhausted and short of breath. People with respiratory problems, on the other hand, can benefit from the correct amount and type of exercise. Moderate exercise, according to the American Lung Association, can help with anxiety, stress, and depression [3].

- Levels of energy
- Oxygen use by the body
- Cardiovascular health
- Muscle strength shortness of breath

Breathing exercises, in addition to physical workouts, can help persons with COPD. This is because they can assist alleviating the symptoms of a diaphragm that isn't working properly.

People with healthy lungs normally breathe in and out. Their diaphragm is in charge of filling and emptying their lungs with oxygen and other gases, as well as removing waste gas. However, because people with COPD don't have properly functional diaphragms, stale waste gas is trapped in the lungs.

As stale air accumulates, the body tends to rely on other muscles in the chest, back, and neck to breathe. As a result, oxygen levels drop and there is less air available for exercise or physical activity. Breathing exercises can aid in the removal of stale air from the lungs, the strengthening of the diaphragm, and the increase of oxygen levels [4].

The Best Exercises for COPD

People with COPD should engage in regular, moderate exercise, according to experts.

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The following are the best types of exercise for people with COPD:

Physical activity: Stretching is a great way to unwind and improve flexibility. Warming up with dynamic stretching is a fantastic method to be ready for workout. After a workout, static stretching is a great way to unwind. Holding a gently static stretch for 10 to 30 seconds while slowly breathing is recommended, and this should be done several times.

Aerobic exercise improves the body's oxygen use and is typically beneficial to the lungs and heart. Aerobic exercise includes activities such as swimming, walking, and cycling. A person with COPD should attempt to conduct aerobic activity five times a week for around half an hour.

Resistance training builds muscles in the body, especially those that aid in breathing. Resistance training is normally done with resistance bands and weights, but it can also be done at home using bodyweight callisthenics routines. Each exercise should be repeated no more than ten times, with slight weight increases as repetitions become easier. A doctor or respiratory therapist can advise you on the best resistance training programme for you.

Exercise is normally safe for people with COPD, however they should avoid it if they:

- You're out of oxygen if you're having chest pains.
- If you have an illness or a fever, you may feel queasy.

Yoga: Yoga is a low-impact workout that emphasises gentle movement and breathing. It consists of two basic elements: pranayama (breathing techniques) and asana (physical positions). Both are beneficial to mental and physical health.

A person with COPD should get advice from a professional before engaging in any positions that may restrict breathing.

Copd-Related Risk Factors

Smoking is the most common cause of COPD. Up to 75% of patients with COPD smoke or have formerly smoked.

If you smoke and have a family history of COPD, you're more likely to get the disease.

COPD is also more likely in those who have been exposed to various lung irritants for a long time. Chemical vapours, workplace dust, secondhand smoke, and air pollution are all examples.

When COPD symptoms first appear, most persons are beyond the age of 40. People under the age of 40 are more likely to get the disease if they have a predisposing medical condition, such as a hereditary problem. Alpha-1 antitrypsin deficiency is a condition in which the body lacks the enzyme alpha-1 antitrypsin.

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