



COPD, Weight & Exercise

- **Being overweight impacts the lung's ability to work well by limiting the movement of air and squeezing the lungs, which reduces how much air can be brought into them.**
- **The lungs of overweight people with COPD have to work a lot harder than those who are healthy. For example, daily activities, such as cleaning your home, mowing the lawn, or walking to the mailbox, become much more difficult and cause you to become fatigued (tired) quickly.**
- **Changes to a person's lifestyle like quitting smoking, exercising more and maintaining a healthy weight, along with taking the correct medications, can greatly improve their life with COPD.**

HOW DOES BEING OVERWEIGHT AFFECT COPD?

- **Having extra body fat adds weight to the chest and belly and stops the free flow of air into the lungs.**
- **Not being able to take deep breaths is linked with obesity and not having an active lifestyle may also lead to airway narrowing.**
- **Excess weight can make the amount of blood going to the airways less and even change how well a patient responds to COPD medication.**
- **The risk of heart failure goes up for people who are overweight and have COPD.**

WHAT IS COPD?

Chronic obstructive pulmonary disease (COPD) is a serious disease that causes the airway to become obstructed in the lungs. COPD causes lung symptoms, such as:

- difficulty in breathing
- cough
- mucus production
- tiredness

COPD develops slowly over time and early diagnosis is important.

How Can Exercise Help COPD?



Make a plan with your doctor



Exercise can build muscle and increase oxygen use



Regular walks decrease symptoms of shortness of breath



Exercise can help individuals quit smoking