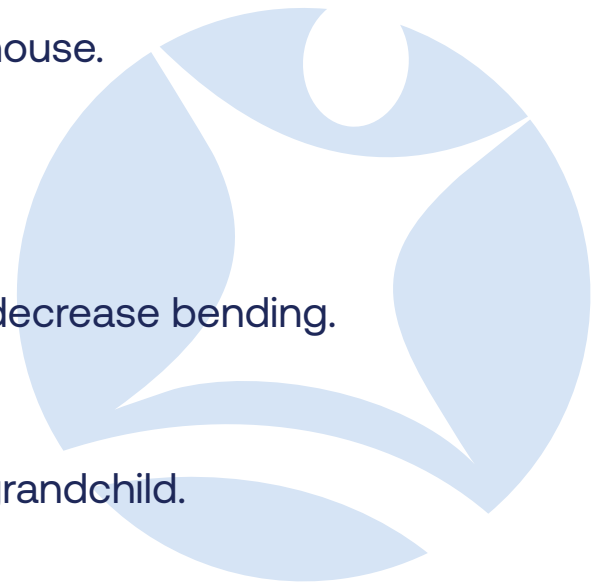




## 10 Daily Activities to Keep You Moving

Exercise does not mean you have to go to the gym. Everyday activities take energy and get you up and moving. See how many of these activities you can fit in each day. And speak with your healthcare provider about possible changes to your COPD management plan if anything listed is something you'd like to work toward doing more often.

1. Make a meal, help with food preparation.
2. Do laundry, put away clothes.
3. Make the bed, change the bed linens.
4. Walk to the mailbox or to a neighbor's house.
5. Go grocery shopping.
6. Put groceries away.
7. Garden. Position planters on a table to decrease bending.
8. Sweep or mop the floor.
9. Throw a toy for your pet or play with a grandchild.
10. Dance to your favorite song.



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For more information, contact  
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