

Below is a list of useful videos to help with effective exercise techniques.

Move into Health – Exercises for Individuals with COPD	
<i>Exercise Video</i>	<i>Description</i>
<a href="#">Getting Started</a>	The goal of this video is to define the difference between sedentary time, physical activity and exercise. This session will explain why is it important to keep activity and build your confidence in your ability to get started with exercise safely.
<a href="#">Straight from the Heart</a>	This session defines aerobic exercise and its positive effects. It provides evidence based guidelines, and warm up / cool down ideas
<a href="#">Aerobic Level 1</a>	This session provides idea and examples of aerobic exercise that can be done at a beginner level. It allows you to work at a moderate pace and builds your confidence to stick with your plan 3 times a week.
<a href="#">Aerobic Level 2</a>	The goal for this session is to provide ideas so that you can progress your aerobic exercise, keep things interesting, fun, and improve the benefit for every part of your body.
<a href="#">Strength Training Introduction</a>	This session defines strength training, why this is an important part of your daily exercise routine and how to safely meet your goals.
<a href="#">Strength Training Level 1</a>	This session gives ideas and examples of strength training exercises at a beginner level to get you started. Download an <a href="#">exercise planner</a> to get you started, track your goals and your progress
<a href="#">Strength Training Level 2</a>	The goa for this session is to provide ideas so that you can progress your strength training exercise routine at home.
<a href="#">Balance</a>	This session explains balance training, gives ideas and examples of exercise to improve your balance and tips that will help you build core strength and prevent a fall

It's normal to feel short of breath with COPD and other lung health conditions. However, exercise, done correctly and safely, is one of the best things you can do to be less short of breath.

Always check with your Health Care Professional before starting any exercise program or new activity