

# Stay active to manage COPD

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## Healthways SilverSneakers® Fitness program can help

COPD (chronic obstructive pulmonary disease) is a serious lung disease that over time makes it hard to breathe because the airways—tubes that carry air in and out of your lungs—are partially blocked. COPD is the third leading cause of death in the United States and causes serious, long-term disability. More than 12 million people are diagnosed with COPD, and an additional 12 million likely have COPD and don't even know it.<sup>1</sup>

**If you have COPD or are at risk of developing it, there are things you can do.**

- Quit smoking.
- Avoid exposure to things that could irritate your lungs, such as dust and strong fumes.
- Get a flu shot and avoid crowds during flu season.
- Visit your doctor regularly and follow suggested treatment options.

**Treatment options for COPD may include:**

- medications
- pulmonary (lung) rehabilitation
- lifestyle changes
- oxygen treatment and/or surgery for severe cases
- physical activity

Your doctor may recommend physical activity as part of a healthy lifestyle to help you feel better overall and/or breathing exercises that help strengthen the muscles needed for breathing.

When you engage in aerobic exercise, your breathing and heart rate increase. As you breathe more, you take in more air and oxygen, which helps your body function more effectively.<sup>2</sup>

Continue reading for **good news** about getting physically active.



## Get fit your way™

So you can stay active and help manage COPD, Medicare health plans across the nation offer SilverSneakers Fitness at no extra cost. SilverSneakers gives members options:

- a fitness membership with access to more than 13,000 locations, with all basic amenities plus SilverSneakers classes
- SilverSneakers FLEX™ classes in your favorite neighborhood locations
- a member website to find fitness locations and FLEX classes, access fitness articles, download recipes and meal plans, and connect with the SilverSneakers online community
- SilverSneakers Steps® with a choice of four kits (general fitness, strength, walking or yoga)

**SilverSneakers may already be your benefit. Find out now to take charge of your health!**

For more information, visit the SilverSneakers website or call **1-888-423-4632** (TTY: **711**), Monday through Friday, 8 a.m. to 8 p.m. EST.

Check with your doctor before starting SilverSneakers or any exercise program.

1. <http://www.nhlbi.nih.gov/health/public/lung/copd/index.htm>

2. <http://www.healthline.com/health/copd/exercise>



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