



Pulmonary Rehabilitation

If you suffer with a chronic lung disease, such as [chronic obstructive pulmonary disease \(COPD\)](#) or [pulmonary fibrosis](#), rebuilding strength and enjoying a more full and active life is possible through pulmonary rehabilitation.

WHAT CAN YOU DO TO IMPROVE YOUR BREATHING?

Pulmonary rehabilitation is a program that provides education and exercise to increase awareness about your lungs and your disease. You will learn how to achieve appropriate exercise levels with less shortness of breath.

The skills and knowledge learned in the program will help you feel better and manage your chronic lung disease.

- You'll become stronger by increasing your level of fitness.
- Exercising your lungs and your muscles helps you be more active so you can do the things you enjoy with your loved ones.
- Pulmonary rehabilitation may even decrease the need for hospital visits in the future.

Talk to your provider if you feel pulmonary rehab may be a good fit for you.

TO LEARN MORE, visit: [Pulmonary Rehabilitation | American Lung Association](#)

