

# NOVEMBER WELLNESS TOPIC:

## COPD & HEALTHY LIFESTYLE HABITS



Healthy eating and getting enough exercise are important for everyone. Specifically for those with COPD, implementing these life lifestyle habits can be helpful in feeling better.

### Eating Tips for those with COPD \*

Eating healthy foods helps to fuel our bodies to prepare them to engage in activities, including breathing. Along with eating the right foods, there are also certain meal preparation and eating tips which can be helpful to those with COPD. Here are a few of the tips offered on the COPD Foundation website:

To make foods easier to chew:

- Dip breads in liquid.
- Mince or grind meats.

To reduce bloating:

- Eat less fried, fatty foods; as they take longer to digest.
- Do not eat when you are feeling short of breath; as that could cause you to swallow air, and thus feel more bloated.

For additional information on preparing and eating meals; as well as tips on some of the basics on nutrition for COPD, click here: [Nutrition for Someone with COPD](#)

**\* Important: Be sure to always talk with your doctor before changing your eating habits.**

### Exercise for those with COPD \*

Exercise has many benefits for everyone. One of these benefits is that muscle strength can be maintained so that daily activities can continue to be performed.

Those with COPD can exercise and gain benefits as well. However, it is very important to first consult with your doctor or health care professional.

Exercise will not reverse COPD. Instead, it can enhance your health by changing the way you feel, breathe and move through activities in your daily life. Work with your doctor or health care professional to determine the type and amount of exercise that is safe and effective for you.

For additional information on exercise for those with COPD, including videos with a respiratory therapist on exercises to do from home \*, click here: [Exercise with COPD](#)

**\* Important: Be sure to always talk with your doctor before implementing any exercise, including videos from the above link.**

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*West Suburban Health Group Website:* [westsuburbanhealth.com](http://westsuburbanhealth.com)

*Health Provider Websites:* Fallon: [fchp.org](http://fchp.org) Harvard Pilgrim: [harvardpilgrim.org](http://harvardpilgrim.org)

Tufts: [tuftshealthplan.com](http://tuftshealthplan.com) Blue Cross Blue Shield: [bluecrossma.com](http://bluecrossma.com)