Lifestyle Modification & Exercise

Do’s

- Always consult with your specialist before initiating an exercise plan.
- Participate in a cardiopulmonary exercise test if it is ordered by your physician.
- Set reasonable goals with your specialist.
- Start out slow ie; walk shorter distances and lengthen as tolerated.
- Use a pedometer to monitor your steps each day- increase the number of steps daily!
- Activities will vary for each individual. Exercise should be tailored to individual needs.
- Vary your routine.
- Use oxygen as prescribed by your specialist. (at rest dose may vary from exercise dose)
- Be sure to have enough oxygen with you.
- Use controlled breathing techniques to effectively move air in and out of lungs. Avoid short shallow breaths.
- Use you’re your symptoms as a guide. Recognize the warning signs of overexertion: dizziness, chest pain, worsening SOB.
- Engage in lower intensity exercises using 50% maximum ability. Leave the higher intensity exercise for direct monitoring by clinician.
- A personal trainer should be knowledgeable about pulmonary hypertension.

Don’ts

- Do not initiate an exercise plan without speaking to your specialist first.
- Do not perform any weightlifting of greater than 15 pounds.
- Do not exercise during humid weather.
- Do not exercise alone.
- Monitor fluid intake. Avoid dehydration/fluid overload.
- Do not become deconditioned.
- Ability may vary each day. Do what you can when you can!
- Do not get discouraged!