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## Exercising When You Have Breathing Problems

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When you have a breathing problem, exercise is important. Exercise strengthens your heart and body muscles, helps your body use oxygen better and helps you feel better in general.

### Here are some helpful hints about exercise:

- Daily activities around the house do not give you enough exercise. You need exercise to make your body work harder and longer.
- Start with easy activities such as walking on a level surface for 10 minutes 2 times a day. Slowly increase walking to 30 minutes 2 times a day. You can then add activities that make your body work harder such as walking uphill, cycling or jogging. Talk to your doctor or health care provider before you start an exercise you are not sure of.
- Do some kind of exercise every day.
- You do not have to feel exhausted to improve fitness. Regular exercise such as walking every day is better for you than running once a week.
- Exercise indoors when it is cold, damp or when the air pollution counts are high, if these bother you. Riding a stationary bike or stair stepping provides good indoor exercise.
- If you feel short of breath when you exercise, try taking an inhaled bronchodilator 5 to 10 minutes before you start.

