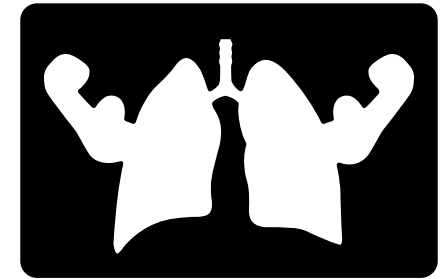


The Champion Lung Fitness Program



How to Join?

Your breathing doctor or family doctor must send us a referral form before you can join. Referrals may be mailed or faxed to:

Pulmonary Function Lab
Attn: Lung Fitness Program
Vancouver General Hospital
899 West 12th Avenue
Vancouver, BC V5Z 1M9

Tel: 604-875-4830
Fax: 604-875-5695

Talk to your doctor and ask if you are a good candidate!



The exercise component includes:

- Aerobic exercises
- Strength training
- Stretching

The Team includes:

- a Physician
- a Respiratory Therapist
- a Physiotherapist
- an Occupational Therapist
- a Dietician

For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue No. **FN.250.C34**
© Vancouver Coastal Health, April 2015

The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca

Vancouver General Hospital
Pulmonary Function Lab

899 West 12th Avenue
Vancouver BC V5Z 1M9
Tel: 604-875-4830
Fax: 604-875-5695

Lung Conditions

If you are living with a chronic lung problem, it may affect your daily life. You may notice:

- Shortness of Breath
- Feeling Tired
- Anxiety

Lung Fitness program helps people:

- with Chronic Obstructive Pulmonary Disease (COPD) or Lung Fibrosis
- using home oxygen due to a lung condition
- before or after lung surgery



Lung Fitness

Exercise training has been proven to help people with lung disease. Exercise cannot cure the condition, but it can help your endurance, strength, and breathlessness.



Respiratory rehabilitation helps people with lung problems get and keep a healthy, active lifestyle. This includes:

- Exercise
- Education
- Support
- Meeting others with similar limits

Clients say they feel more in control of their breathing after attending our program.

We have FUN too!

The Champion Lung Fitness Program:

- Offered several times a year
- 2 hours every Monday, Wednesday and Friday for 8 weeks.
- Located in the Pulmonary Function Lab at VGH
- Includes follow-up checks after finishing the program

Program topics:

- Lung conditions
- Chest infections
- Breathing control & exercise
- Keeping lungs clean
- Oxygen
- Medications
- Inhalers
- Nutrition
- Saving energy
- Relaxation
- Stress and coping skills
- Intimacy
- Travel planning