

Exercise tips

HeadStart[™]
Patient Assistance Program



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SUPPORT

Make exercise a part of your treatment plan

Regular exercise is important for everyone, including people with idiopathic pulmonary fibrosis (IPF), scleroderma lung disease or progressive fibrosing interstitial lung disease (ILD). A lack of exercise can make matters worse, as being inactive weakens the muscles and can affect how you feel in general.

Making the effort to exercise regularly can help you develop the energy you need to accomplish daily tasks.

Apart from the physical benefits, exercise can also help boost your mood and feelings of well-being.

Always speak with your healthcare team before starting any exercise program.



Regular, non-strenuous exercise is good for your overall health

- If you were already active, stay with it!
- If you're getting started, choose something you'll enjoy doing, either on your own or with family or friends
- Light exercise such as walking, swimming, cycling, yoga and tai chi are good for overall health



Why is exercise especially good for me?

- Moderate exercise is generally safe and recommended for people with mild, moderate or even more severe disease
- Monitoring your response to exercise is important to ensure your activity level is safe
- Listen to your body and do what's comfortable for you
 - Whether or not you have previously been active, you can work with your healthcare team and an exercise specialist to plan a program of activity doing things you enjoy
 - Aim for a combination of aerobic, flexibility and strengthening exercises several times each week, or as recommended by your healthcare team

Your healthcare team can recommend an exercise specialist. Support can also be found through pulmonary rehabilitation.

MY COMMUNITY RESOURCES:

HeadStart™

Patient Assistance Program

HeadStart is available to help

Call HeadStart at:

1-844-473-6338



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1-on-1 support from a dedicated Nurse Case Manager



Drug coverage navigation



Clinical calls and ongoing check-ins



Lifestyle tips



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