

# Using Coughing and Breathing Exercises to Help You Breathe



## Coughing Exercise

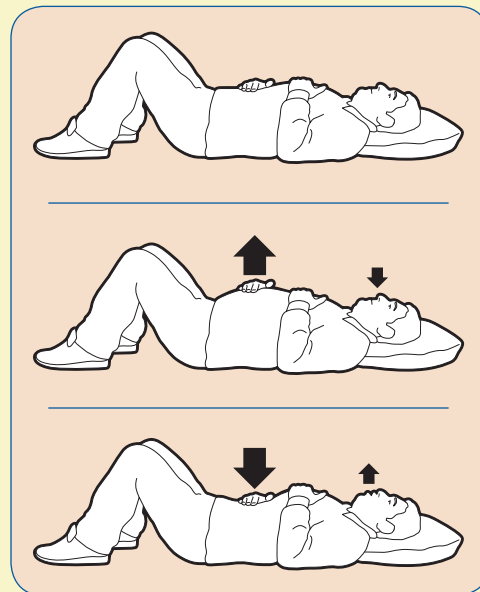
Coughing can help to keep your lungs clear. Follow the steps below to clear the mucus from your lungs:

- Sit in a chair. Relax
- Lean your head forward slightly
- Place both feet firmly on the ground
- Breathe in slowly and deeply
- Try to hold your breath for 3 seconds
- Open your mouth slightly and cough twice
- Take a breath, and repeat 2 to 4 times

## Breathing Exercise

Breathing exercises can also make it easier to breathe. Two kinds of breathing exercises are pursed lip breathing and belly breathing, also known as diaphragmatic (die-a-fra-mat-ic) breathing. Pursed lip breathing can help you when you feel short of breath or when it becomes harder to be active. Belly breathing helps you take more air into your lungs and makes breathing easier.

To learn how to do these exercises, ask your doctor for a copy of the brochure *Living With Chronic Obstructive Pulmonary Disease (COPD\*): Managing Your Diet, Fitness and Moods*.



\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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