

## Keep on moving ....

**"Fall seven times, stand up eight".**  
- Japanese proverb

- If you have a day without exercise or cannot reach 2000 steps, do not worry. We all have bad days. The most important thing is to start again tomorrow.
- If you're not feeling as good as usual, you should not exercise as much.
- Instead, if you are able, try to:
  - Walk at a slower speed and take more rest breaks.
  - Walk indoors rather than outdoors.
  - Do indoor exercises to strengthen your arm and leg muscles.
  - Put on some music and march on the spot.
  - Get moving during the tv commercial breaks.
  - If you have been unwell, cut back and start to build up your steps again.
- If you are feeling unwell, you should call your Doctor for medical advice.

## Stay Safe

- Carry your mobile phone in case of emergency.
- Ask a companion to join you on your walk.
- Wear your reflector vest.
- Walk on even surfaces.
- Wear non-slip shoes.
- Walk in well lit areas.
- Walking should not hurt, so seek medical advice if you have any muscle pain, joint pain or chest pain.

Charitable exemption number CHY 15462

To order your ILFA pedometer, exercise diary and walking vest , contact ILFA.

**ILFA, P.O. Box 10456, Blackrock, Co. Dublin.**  
**Call: 086 871 5264 Email: [info@ilfa.ie](mailto:info@ilfa.ie)**

There is no charge for the walking pack or the postage but if you would like to make a donation to ILFA this would be very much appreciated. A Donation Card will be included with the pack for your convenience.

## How to use your pedometer

The ILFA pedometer will tell you how many steps you have taken as well as the distance travelled.

### To start:

- Attach your pedometer to your belt or waistband from the time you get up until bed time.
- Wear your pedometer every day for one week.
- Write down the number of daily steps and distance travelled for each day. At the end of the week you will know your average daily steps.
- Set a goal for increasing the number of steps each day until you reach at least an extra 2000 steps per day on top of your average step count.
- Be patient. It takes time to reach your goals.
- **Let's get moving!**

[www.ilfa.ie](http://www.ilfa.ie)



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Irish Lung Fibrosis Association

# Get Moving with ILFA

## The 2000 Steps a Day Challenge for Lung Fibrosis Patients



## Walking is a great form of exercise and:

- Helps you to maintain a healthy weight and muscle strength.
- Increases bone density and helps to prevent osteoporosis.
- Can help with weight loss when exercise is used in combination with a healthy eating plan.
- Can help to improve your mood as the body's natural happy chemicals, endorphins, are released.
- Improves energy levels and increases stamina.
- Brings increased confidence and helps maintain independence.
- Can help prevent depression.
- Gives a sense of achievement.

## What is needed?

- Positive attitude. **“Don't say I can't, say I'll try.”**
- Motivation.
- Comfortable walking shoes, non-restrictive and waterproof clothing.
- A portable oxygen carrier / stroller if needed. Ask your nurse specialist, physiotherapist, or your oxygen supply company about getting wheels for your oxygen device.
- A small bottle of water (if needed).
- An ILFA walking pack containing a high visibility reflector vest, pedometer (step counter) and exercise diary is available (see back page.)

## Getting started

**“The journey of a thousand miles begins with one step.” - Lao Tzu**

- Decide today that walking will be a part of your daily routine.
- Do what you can. Start with walks around the house or garden, walking up and down your driveway, a walk in the street, shopping centre, or park.
- Ask a family member or friend to join you on a walk.
- Choose a pace that suits you. Slow and steady is best. Do not start off too fast.
- Listen to your body. If you get tired and feel breathless, slow down, stop and rest until your breathing is recovered. Start again at a slower pace.
- When exercising, increase your oxygen flow if needed.

## Every step counts

**“One may walk over the highest mountain one step at a time.” - John Wanamaker**

- Every single step counts!
- Start with short term goals, for example, walk for 5-10 minutes a day. Record the number of steps you take each day and gradually set yourself new targets.
- You do not need to take 2000 steps all at once. You can walk in divided sessions over the day.
- Aim to reach at least 2000 steps each day which is approximately 1 mile.

## Monitor your progress

**“If there is no struggle, there is no progress.” - Frederick Douglas**

- Keep a daily diary to record your progress.
- Record the number of steps taken each day.
- Describe in a few words how you felt afterwards.
- Rate your **breathing effort** from 1-10 where 1 was easy and 10 was extreme difficulty. Use this scale to rate the intensity of your exercise.
  - 1 = Easy (very weak)
  - 2 = Weak
  - 3 = Moderate**
  - 4 = Somewhat strong
  - 5-6 = Strong (heavy)
  - 7-9 = Very strong
  - 10 = Extreme difficulty (maximum exertion)(from the Borg Rating Perceived Exertion Scale).

## Remember

- Speak with your Doctor and physiotherapist if you have any concerns before starting exercise.
- Set realistic goals and don't expect too much too soon. You are more likely to succeed if you take things slowly and build up your stamina and strength with time.
- Challenge yourself.
- Try to keep your breathing at a moderately breathless level (see level 3 above).
- Enjoy yourself.
- Reward yourself.
- Tell your Doctor about your progress.