

# Targets of Exercise as Part of Lifeline Pulmonary Rehabilitation

## BRAIN

- Improved sense of well being
- Decreased depression, anxiety & fear
- Decreased sense of isolation
- Improved confidence

## LUNGS

- Decreased shortness of breath
- Improved secretion clearance

## HEART

- Improved endurance
- Improved circulation

## ARMS

- Improved muscle strength for daily activities

## LEGS

- Improved muscle strength
- Improved walking
- Increased physical capability

