



National Aspergillosis Centre Physiotherapy

Phil's Top Tips for exercise

- Have goals
- Monitor your progress
- Make it routine not exceptional
- Make it enjoyable
- Don't go it alone
- Expect effort
- Be creative
- Give it a fair go/ Be patient!
- Recognise your achievements!
- Warm up and warm down
- Blow as you go! (pursed lip breathing)
- Use it or lose it!

