

# Benefits of Pulmonary Rehabilitation

1. Disease Education
  - a. Learn about your lung disease from experts in the field.
2. Diet Advice
  - a. Learn about portion sizes, what foods are better than others, what to avoid.
3. Personalized Exercise Program
  - a. Individualized programs.
4. Breathing Strategies
  - a. Breathing exercise to strengthen your lung capacity
5. Assistance with Fatigue
  - a. Becoming more conditioned
6. Improvement in Quality of Life
  - a. Ability to function better and get around with less effort.
7. A place to offer support and friendship
  - a. Support, education, friendship, guidance, and life coaches to help guide you.