



**PulmonaryRehab.com**

### **Pulmonary Rehabilitation Candidate Quiz:**

- Are you often short of breath or more winded than you were last year?
- Does shortness of breath make it difficult for you to do everyday tasks? (Walking 100 feet, climbing stairs, walking up hills, making the bed etc.)
- Do you wear oxygen?
- Are you already being treated for COPD, but still have shortness of breath?
- Have you been diagnosed with Pulmonary Fibrosis?
- Have you been diagnosed with Lung Cancer?
- Do you use respiratory medications like: Advair<sup>®</sup>, Symbicort<sup>®</sup>, Spiriva<sup>®</sup> Breo<sup>®</sup> etc.?
- Would you like to control your breathing instead of having it controlling you?
- Are you motivated enough to exercise, but don't know exactly how to start?
- Are you not in denial and willing to accept a life style change?
- Are you willing to set aside 20-30 minutes per day for exercise?
- Are you willing to commit to exercising 4-5 days per week? (eventually, after a strong foundation has been established)
- **Do you want your life back?**

**If you answered YES to most of these questions, talk to your Doctor today. You may be a great candidate for Pulmonary Rehabilitation!**

You can also [click here](#) to see how We can help you.

**Breathe better, Get stronger, Live longer!©**

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