

**Physical Activity:**

Optimal physical activity is the key component to maintaining sustainable benefit of successful PR. Any bodily movement produced by skeletal muscle that leads to energy expenditure. This includes:

- At least 30 minutes of moderate intensity physical activity for 5 or more days a week.
- Vigorous physical activity for 20 minutes 3 days every week.
- Shorter bouts three-times moderate 10 minutes or two-times vigorous 10 minutes.

Level of PA	Degree of Physical Activity
High Level	<ul style="list-style-type: none"><li>• Vigorous Intensity activity on at least three days and accumulating at least 1500 met-min/week. Or,</li><li>• Seven or more days of any combination of walking, moderate or vigorous intensity activities accumulating at least 3000 met-minutes/week.</li></ul>
Moderate	<ul style="list-style-type: none"><li>• Three or more days of vigorous intensity activity of at least 20 minutes per day. Or,</li><li>• Five or more days of moderate intensity activity and or walking of at least 30 min per day. Or,</li><li>• Five or more days of any combination of walking, moderate or vigorous intensity activities accumulating at least 600 met-minutes/week.</li></ul>
Low	No activity is reported or some activity is reported but not enough to meet high and moderate categories.

**Education and self-management:**

- Education alone has not been shown to be effective without physical training and self-management plan.
- Self-management means intervention with communication with a healthcare professional to improve health status and decrease hospitalizations and emergency department visits of COPD patients.