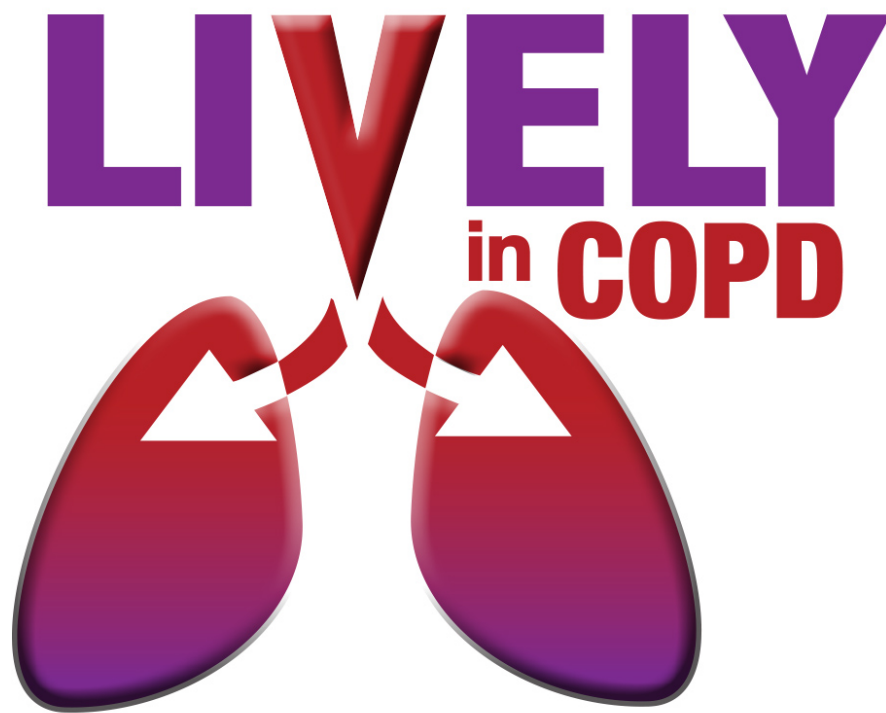


My Walking Plan



If you would like any further information please contact:

Introduction to your LIVELY Physical Activity Intervention

Index	Page
Part 1	4
Aim of the programme	5
Why is walking important	6
Walking safely	7
Setting an overall physical activity goal	8
How to use your LIVELY step diary	9
How you should feel when you do your extra walking	10
- using the BORG Scale	
Part 2	11
Sample step diary and walking plan	12-13
My LIVELY Step diary: week 1 to week 12	14-38
- My LIVELY walking plan	
Part 3	
How to continue the walking programme	39-40
- Recording your weekly activity in a diary	
Helpful strategies for overcoming common barriers	41
What do I do if I've had a break from my walking and want to restart?	42
Instructions for using the pedometer	44-46

PART 1

Read Part 1 of this manual before you begin your walking programme.

It contains important information on:

- **Aims of the programme**
- **Why is walking important**
- **Walking safely**
- **Setting an overall physical activity goal**
- **How to use your LIVELY step diary**
- **How you should feel when you do your extra walking**
 - using the **BORG Scale**

Aim of the LIVELY Physical Activity Programme

This walking programme has been developed for you as a method to increase your physical activity. We will try to help you to do some walking to increase your physical activity levels.

The aim of this programme is to do more walking.

- Together with your health professional you will set a walking goal each week
- You will use a pedometer/smart phone app to count your steps.
- Your walking should be at a pace where you feel moderately breathless (BORG 3) by the end of the walk.

Why is walking important?

Patients with COPD who have a lower level of physical activity have a higher risk of poorer health and of being admitted to hospital. In addition, lack of physical activity is a risk factor for other conditions including obesity, stroke, type II diabetes and heart disease.

However, physical activity has many benefits for your health and well-being. These include improved heart function, improved breathing efficiency and increased muscle strength. Longer term benefits include reduced breathlessness during activities and improved quality of life.

Walking has been scientifically proven to improve your physical activity levels and quality of life, and reduce breathlessness during activities.

Research has shown that people with COPD are able to increase their walking. This programme aims to help **you** to do more walking.

Walking safely

1. Wear comfortable and supportive shoes when walking.
2. Bring a raincoat for unexpected showers.
3. Drink water to keep you hydrated.
4. If looking for new venues - choose well lit-up areas.
5. Walk in daylight if it is the first time you have walked in that area.
6. Tell someone when and where you are going especially if you are walking alone.
7. Wear reflective clothing or carry a torch if walking in an area with poor lighting.
8. Bring a mobile phone.
9. Take your reliever (bronchodilator) inhaler before walking if you have been advised to do so by a health professional. Carry your reliever (bronchodilator) inhaler with you while you walk.
10. If you have been prescribed oxygen you should use it when walking. Speak to your health professional about the correct flow rate to use.

Set a Physical Activity Goal

It can be helpful to set a physical activity goal that you could achieve by the end of the LIVELY in COPD programme. This should be something that you are confident you can achieve (SMART goal).

My overall physical activity goal for the LIVELY in COPD programme is:

How to use your LIVELY step diary

1. At the start of each week record your step 'goal' in the diary. This will be discussed with you during your appointment each week. Together we will agree a goal related to how much you can walk.
2. On certain days you will have a higher step goal when you will do more walking. Circle the days when you plan to do extra walking.
3. Look at your diary and walking plan to help remind you what to do.
4. You should try to wear your pedometer all day. Or if using a smart phone APP you will need to keep this with you all day. At the end of each day you should write down the number of steps you took during that day. Do this before going to bed (prior to midnight).
5. If you meet your goal, tick the box - See how many days you reached your goal over the course of the week. Look at your walking plan to remind you what to do if your step goal has not been met.
6. You can work out your average number of steps at the end of each week. This might be useful when you are thinking about setting a step goal for the next week.

To do this divide the total number of steps taken during the week by the number of days you wore your pedometer/ phone app. So, if your total number of steps was 31,080 then divide this by 7, the average number of steps would be 4,440 per day.

For example:

- Total number of steps per week: 31, 080
- Number of days per week: 7
- Average steps per day: $31, 080 \div 7$
= 4,440 steps per day

How you should feel when you do your extra walking - using the BORG* Scale

Use the BORG breathlessness scale below to guide how breathless you feel. “0” represents no breathlessness and “10” represents very severe breathlessness. Insert a number from the scale to indicate how breathless you felt when you were walking?

We would like you to walk at a pace where you feel moderately breathless (BORG rating of 3) by the end of the walk.

Borg Breathlessness Scale

0	NOTHING AT ALL (just noticeable)
0.5	VERY VERY SLIGHT
1	VERY SLIGHT
2	SLIGHT
3	MODERATE
4	SOMEWHAT SEVERE
5	SEVERE
6	
7	VERY SEVERE
8	
9	VERY VERY SEVERE (almost maximal)
10	MAXIMAL

*BORG, G., 1998. *Borg's Perceived Exertion and Pain Scales*. Champaign, IL: Human Kinetics.

PART 2

Part 2 of this manual contains information on:

- **Sample step diary and walking plan**
- **My LIVELY Step diary: week 1 to week 12**
- **My LIVELY walking plan**

LIVELY Step Diary and Walking Plan - **SAMPLE**

Shown below is an **example** of how to fill in the diary at the end of each day. You will walk for a number of steps every day. However, on selected days you will have a higher step goal when you will do your extra walking.

My step goal for the days when I do extra walking is: 2500

Week	Day/Date	Step Goal	Step Count	How breathless were you when you were walking on the days you did your <u>extra</u> walk? Breathlessness Scale (1-10)	Comments box
Day 1	Sunday	2000	2800		
Day 2	Monday	2000	2100		Forgot to wear my pedometer
Day 3	Tuesday	2500	3200	3	
Day 4	Wednesday	2000	1100		Forgot to wear my pedometer between 8am- - 11am
Day 5	Thursday	2500	3100	4	
Day 6	Friday	2000	2900		
Day 7	Saturday	2000	2100		
TOTAL STEPS FOR THE WEEK			17300		

Circle the day(s) you plan to do extra walking

You can add up the total steps for the whole week *HERE*

Shown below is an **example** of a completed LIVELY Action Plan

My LIVELY Walking Plan

1. Days planned to do additional walking:

I will go for an extra walk on Tuesday and Thursday morning.

2. Time of day to try to walk:

The best times of day for me to walk are in the mornings around 11am as I feel less tired.

3. Where will you go to walk?

The place(s) where I plan to walk are my local park and also down to my nearest shop.

4. What will you do if

If the weather is bad I will go for a walk in my local shopping centre. If this isn't possible then I will plan my walk when the weather improves so I will go later that day.

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens and I miss my walk, then I will use my backup plan. My back-up is that I will do my walk the next morning instead.

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will leave my step diary sitting on the kitchen table so when I have my morning cup of coffee it will remind me to go for my walk straight

Here are the weekly diaries for you to fill in yourself (please refer to the completed example on page 13 for guidance)

Walking Programme: Practice Using Your Pedometer - Week 1

Practice Week 1	Day/ Date		Step Count	How breathless are you when you are walking? Breathlessness Scale (1-10)	Comments box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

Comments relating to week 1 practice using your pedometer

Walking Programme - Week 2

My step goal for the days when I do extra walking is:

Week 2	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

*** Circle the day(s) you plan to do additional walking**

My LIVELY Walking Plan Week 2

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 3

My step goal for the days when I do extra walking is:

Week 3	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

*** Circle the day(s) you plan to do additional walking**

My LIVELY Walking Plan - Week 3

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 4

My step goal for the days when I do extra walking is:

Week 4	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

*** Circle the day(s) you plan to do additional walking**

My LIVELY Walking Plan - Week 4

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 5

My step goal for the days when I do extra walking is:

Week 5	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

*** Circle the day(s) you plan to do additional walking**

My LIVELY Walking Plan - Week 5

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 6

My step goal for the days when I do extra walking is:

Week 6	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

*** Circle the day(s) you plan to do additional walking**

My LIVELY Walking Plan - Week 6

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 7

My step goal for the days when I do extra walking is:

Week 7	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

**** Circle the day(s) you plan to do additional walking***

My LIVELY Walking Plan - Week 7

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 8

My step goal for the days when I do extra walking is:

Week 8	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

**** Circle the day(s) you plan to do additional walking***

My LIVELY Walking Plan - Week 8

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 9

My step goal for the days when I do extra walking is:

Week 9	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

*** Circle the day(s) you plan to do additional walking**

My LIVELY Walking Plan - Week 9

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 10

My step goal for the days when I do extra walking is:

Week 10	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

*** Circle the day(s) you plan to do additional walking**

My LIVELY Walking Plan - Week 10

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 11

My step goal for the days when I do extra walking is:

Week 11	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

*** Circle the day(s) you plan to do additional walking**

My LIVELY Walking Plan - Week 11

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

Walking Programme - Week 12

My step goal for the days when I do extra walking is:

Week 12	Day/ Date	Step Goal	Step Count	How breathless are you when you were walking on the days you did your extra walk? Breathlessness Scale (1-10)	Comments Box
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
TOTAL STEPS FOR THE WEEK					

**** Circle the day(s) you plan to do additional walking***

My LIVELY Walking Plan - Week 12

1. Days planned to do additional walking:

I will go for an extra walk on

2. Time of day to try to walk:

The best times of day for me to walk are

3. Where will you go to walk?

The place(s) where I plan to walk are

4. What will you do if.....

If the weather is bad I will

5. What will you do if you cannot make your walk for other unexpected reasons?

If something unexpected happens I will

6. What reminders/prompts/strategies could you use to help you to do the walking?

To help myself to do the walking I will

PART 3

Part 3 of this manual contains the following information:

- **How to continue the walking programme**
 - **Recording your weekly activity in a diary**
- **Helpful strategies for overcoming common barriers**
- **What do I do if I've had a break from my walking and want to restart?**
- **Instructions for using the pedometer**

How to continue the walking programme

This information can help you continue with your walking programme once you complete the LIVELY in COPD walking programme.

Here are some ways in which you can continue with your walking programme:

- Continue using the pedometer/smart phone app to count steps and set step goals
- Continue aiming to walk a certain amount, and how often each week
- Continue using the step diary each week to record your walking plan

Example 1: Continue using the pedometer or phone APP to count steps and set step goals

You can use the diary overleaf to record your step goal each week and to plan when and where you will walk if it helps you to remember.

Example 2: Continue aiming to walk a certain amount, and how often each week, i.e. 20 minutes on 3 days a week

You can use the diary overleaf to record the times you walk and to plan when and where you will walk.

How to record your walking in a diary

Month	Week	How much? Time	Step goal	Where will I go to do my walking this week?	How often?	When will I do it?	Did I achieve my goal?
Example	Week 1	<i>Around the block for 20 minutes</i>	<i>8,000</i>	<i>Go for a walk outside</i>	<i>3 days</i>	<i>Before lunch Mon, Wed & Fri</i>	<i>Yes</i>
_____	1						
	2						
	3						
	4						
_____	1						
	2						
	3						
	4						
_____	1						
	2						
	3						
	4						
_____	1						
	2						
	3						
	4						

Monthly reflection: at the end of every month, look back at your progress. Think about what you can do to help meet your weekly goals.

Helpful strategies for overcoming common barriers

Below is a summary of your main barriers during this programme. It includes strategies that you found helpful for overcoming these barriers.



What do I do if I've had a break from my walking and want to restart?

There may be reasons why people take a break from their walking routine. However, it is possible to start again and it helps if you plan your walks.

1. How many steps are you walking each day at the moment?

- Wear your pedometer or smart phone app for one week and each day record in a step diary how many steps you took.
- Work out the average number of steps you walk each day.

2. How many steps can you walk in 10 minutes?

- Walk for 10 minutes, taking as many rests as you need within this time.
- Write down the number of steps recorded on the pedometer/phone app

3. Set your walking goal

- Now that you know how many steps you can walk in 10 minutes and how many steps you are walking each day set yourself a walking goal for the week ahead:
 - o How many steps will you walk on each day?
 - o How many days will you walk on?

4. Complete a Walking Plan

- Think about the week ahead and plan when you are going to walk. Think about any obstacles you may face and how you could overcome these.
- Write down your plan on a Walking Plan, like the one on Page 17.

You can use this page to keep notes about the LIVELY in COPD programme, or to record any questions that you have

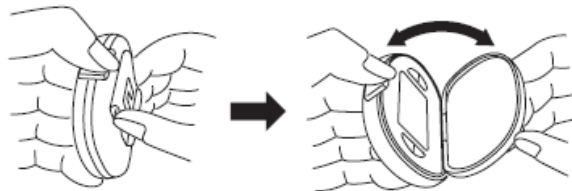
Instructions on using the pedometer (if using Yamax Digiwalker)

These instructions are for patients who are using the Yamax Digiwalker as their method of step count.

In this walking programme you will record your step count each day.

Opening the Pedometer

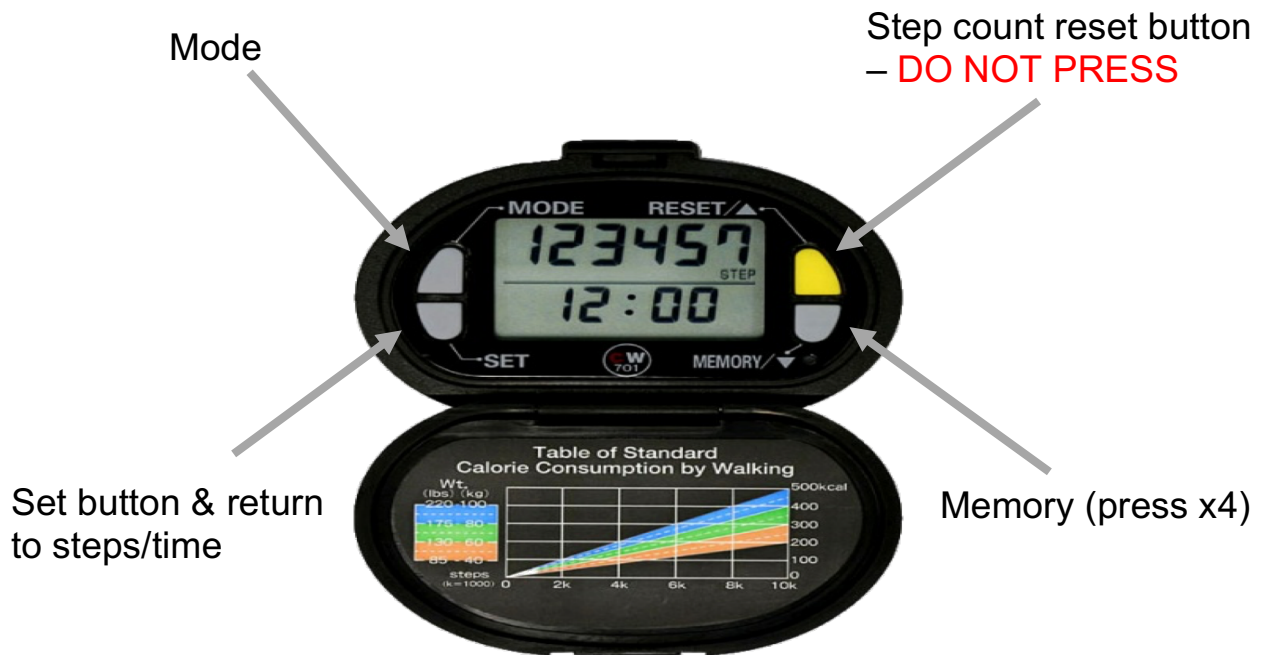
Drop the cover down by holding the top of the clip with one hand, between your thumb and fingers. Using the other hand, pull or flick the projecting portion of the cover case away from the clip, thus opening the case



The step count is shown on your pedometer HERE

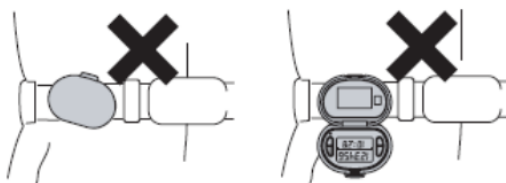


There are 4 function buttons to operate the pedometer. The **“Memory” button** is the one you will use in order to recall your steps over the week



Wearing the Pedometer

- Attach pedometer to your belt or waistband using the clip
- It should be placed at waist level in the midline of the dominant thigh (refer to baseline assessment sheet to determine this) – make sure the pedometer is level
- Check it is not tilting forward due to your tummy. If it is, move to the side



- Try to wear your pedometer daily to help us to see how much you are walking
- Do not wear your pedometer in the shower or bath as it is not waterproof
- Try to get into a routine with when you remove your pedometer and when you put it back on so as to decrease the chances of forgetting it

Recording the number of steps at the end of the day

- Pull or flick the protective cover down
- Record the number of steps in your diary
- Also record any comments about your activity on that particular day. For example,
 - Record any changes in your usual habits
 - Record any problems with the pedometer
 - Record any time that it was not worn (record the time you took it off and the time you put it back on)

The diagram below demonstrates where you will see how many steps you have done. This is the number you record each day in your diary.



Acknowledgements

Authors: Dr Brenda O'Neill, Professor Suzanne McDonough, Miss Orlagh O'Shea, Professor Madelynn Arden, Professor Judy Bradley

Acknowledgements:

- Prepared for the "LIVELY study in COPD" (ClinicalTrials.gov Identifier: NCT02161393.) Funder: Northern Ireland Chest Heart and Stroke Association. Authors: Dr B O'Neill, Ms OM O'Shea, Prof SM McDonough, Dr L McGarvey, Prof I Bradbury, Prof M Arden, Prof T Troosters, Dr D Cosgrove, Dr T McManus, Dr TJ McDonnell, Prof JM Bradley
- We would like to thank the people with COPD who kindly contributed to this project and provided their views.

