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Subject: Exercise benefits for COPD

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NEWS YOU CAN USE

BY COMFORT KEEPERS®

COPD and the Benefits of Exercise

It might be difficult for seniors with chronic obstructive pulmonary disease (COPD) to consider exercising when it feels as though the weight of the world is sitting on their chests, but doing so could help them breathe easier and stay healthier. While this may seem contrary, it actually makes sense when you consider how physical activity affects the body. [Read more...](#)

About Us

We have three local offices to better serve you:

Pee Dee: 843-656-1056

Sumter, Manning, Camden: 803-773-0099

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Quick Links

[ComfortKeepers.com](http://www.comfortkeepers.com)

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Fast Facts

COPD affects more than 24 million Americans, and women are more likely to have it than men.

Unhealthy diets also contribute to four of the ten leading causes of death: coronary heart disease, some types of cancer, stroke, and type 2 diabetes.

More than half of older adults surveyed believe that foodborne illness in the United States is not very common, and that it mostly occurs from eating in food establishments. Some did not believe that foodborne illnesses could occur in the home.

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