

## Benefits Associated with Exercise Training on Fitness Components.

The table below summarises the benefits related with exercise training on fitness components for the client with COPD. COPD affects many senior individuals. The disease process extends several decades and ultimately results in significant morbidity and mortality rates. Research suggests that exercise can be used as an effective therapeutic intervention in these clients.

**Table.** Benefits Associated with Exercise Training on Fitness Components.

<b>Cardiorespiratory Endurance</b>	<b>Skeletal Muscle Strength</b>	<b>Skeletal Muscle Endurance</b>	<b>Flexibility</b>	<b>Body Composition</b>
Cardiorespiratory reconditioning	Improved muscle mass and muscle force	Improved ambulatory muscle endurance to increase activities of daily living	Improved range of motion	Improved body composition
Desensitization to dyspnoea and fear of exertion	Better balance	Improved lactate and ventilatory threshold	Reduced loss of mobility	Enhanced body image
Improved ventilatory efficiency	Increased facilitation of activities of daily living	-	-	Reduced risk of comorbidities and mortality associated with obesity