

## Carla Can Breathe a Little Easier

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“I feel like the pulmonary rehab program gave me my life back,” said Wellness Center member Carla DiGuilian.

Carla was diagnosed with asthma 30 years ago, but it wasn’t until the summer of 2010 that she noticed her breathing had gotten worse. She was diagnosed with pulmonary hypertension.

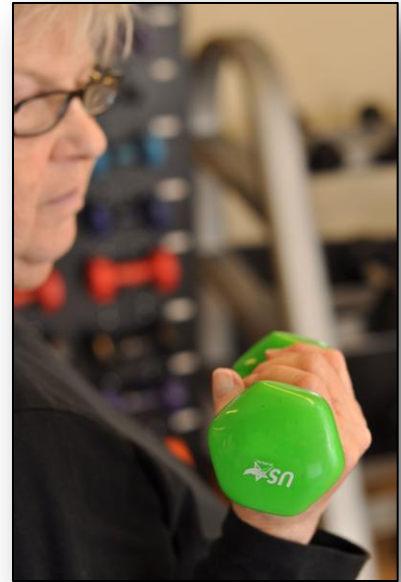
“You only get out of it what you put into it. They can tell you what to do, but then you have to do it,” said Carla. When she first started the Pulmonary Rehab Program at the Wellness Center she couldn’t do a six-minute walk. By the end of the program she was up to 11 minutes, and now she can do 35.

Fauquier Health’s Pulmonary Rehab Program is a medically prescribed exercise and education program for people who have chronic obstructive or restrictive lung diseases. The program consists of monitored exercise sessions and skills training. A primary focus of the program is breathing techniques to help you learn how to cope with chronic lung condition.

“The pulmonary rehab program taught me how to breathe,” said Carla. “I used to plot and plan the day around my breathing. It was enlightening to do things without thinking about it.”

Carla now attends the Wellness Center every day. “For a long time I was afraid if I didn’t come I would revert back.” Now it has become a part of Carla’s daily routine. She not only enjoys the weight machines, but she also participates in the gentle yoga class and the stretch, strength and balance class. Beyond her breathing, the Wellness Center has helped her with her flexibility and balance.

The Wellness Center made a big difference for Carla, she said. “They help you, encourage you. They give you the tools to grow, but you have to do the work.”



Weights are one of the many components Carla adds to her daily workout routine.

**For more information on the Wellness Center’s Pulmonary Rehab Program, call 540-316-2650.**