

Courses

Course

Depression and Lung Disease

Depression and Lung Disease

Explore the intricate relationship between depression and chronic lung diseases such as COPD and...

Start Learning



Boxed Breathing

Type of breathing that's designed to lower stress and to reset a better breathing pattern.



FOREVER FUNCTION

IMPROVE YOUR HEALTH WITH A GUIDED PULMONARY PROGRAM

OUR SERVICES INCLUDE:

Exercises for all levels

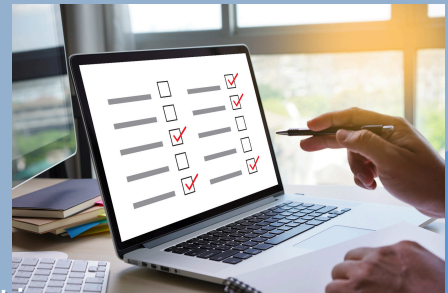
Exercises designed to address specific limitations

Pulmonary Course

Courses designed to inform on the best management for pulmonary disease

Home Independent Program

Work with your pulmonary rehab program so that you can continue your program at home.



<https://www.foreverfunction.com>

Contact Us: Cardiopulmhome@gmail.com





FOREVER FUNCTION

Thank you for participating with forever function.

This program is designed to improve your pulmonary rehab experience with a prescribed exercise program. Pulmonary Rehab is a critical part of your pulmonary management. It is most effective when paired with a good home program. Forever Function offers both exercise and education to best optimize your rehab experience.

Here's How it Works

- Use your web browser to find <https://www.foreverfunction.com>
- Click the “**Sign Up**” to create an account. After you create an account you will be able to log into your account.
- You will be asked a series of question and asked to perform a physical assessment. This will help the program to determine the right program for you.
- You will be given a daily program to include exercise and education on a weekly basis.
- Follow the direction with the exercises.
- The education will consist of a video with a brief quiz following the course. After passing the quiz you will be given a certificate that you can print and bring into your pulmonary program to show that you are competent in that area.
- You may be provided with specific instruction for exercise and education by your pulmonary rehab staff. You will have access to this by clicking on the Exercise or Education tabs at the top of the page.