

More than 35 million Americans have a chronic lung disease. Pulmonary rehabilitation patients at Morris Hospital & Healthcare Centers now have a fun and effective way to stay engaged in their sessions.

Forty-one patients and staff participated virtually in Respiratory Health Association's (RHA) annual Hike for Lung Health, a charity walk that raises awareness and funds for lung disease. In their twice weekly rehab sessions, participants stepped, walked and biked their way to better health.

Patients got a boost seeing their progress tracked on a display board at Morris' Diagnostic & Rehabilitative Center. The event helped push the pulmonary rehab patients a little further, said Virginia Landers, a respiratory care practitioner at Morris Hospital.

"They become more diligent about coming to rehab twice a week because they want to get their miles in," noted Landers. "In the end, all of our participants are winners. They came out, they did this and they improved themselves."

The number of Morris participants was so impressive—more than any other hospital—that RHA's Senior Director of Special Events Gina Schwieger paid a visit to Morris Hospital's Diagnostic & Rehabilitative Center to show appreciation.

"When you have chronic lung disease, coming to pulmonary rehabilitation twice a week can be a challenge. But they challenged themselves," said Schwieger. "The Morris Hospital Pulmonary Rehab staff understands and embraces the goal of our event, and they do a great job motivating and inspiring the patients to join them."

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