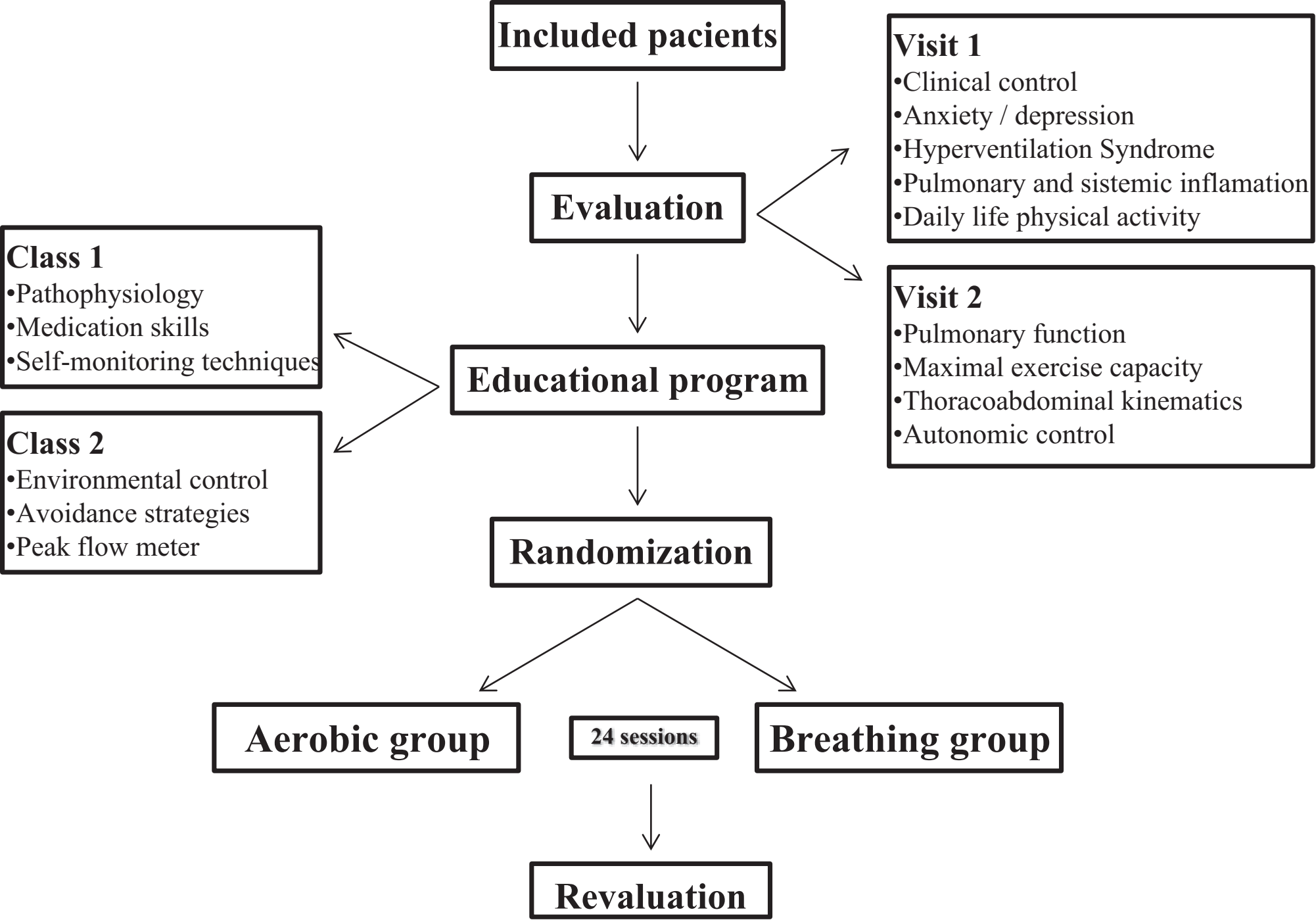
Included pacients
Evaluation
Visit 1
•Clinical control
•Anxiety / depression
•Hyperventilation Syndrome
•Pulmonary and sistemic inflamation
•Daily life physical activity
Visit 2
•Pulmonary function
•Maximal exercise capacity
•Thoracoabdominal kinematics
•Autonomic control
Educational program
Class 1
•Pathophysiology
•Medication skills
•Self-monitoring techniques
Class 2
•Environmental control
•Avoidance strategies
•Peak flow meter
Randomization
Aerobic group
24 sessions
Breathing group
Revaluation