Included patients

Evaluation

Educational program

Randomization

Visit 1
- Clinical control
- Anxiety/ depression
- Hyperventilation Syndrome
- Pulmonary and systemic inflammation
- Daily life physical activity

Visit 2
- Pulmonary function
- Maximal exercise capacity
- Thoracoabdominal kinematics
- Autonomic control

Class 1
- Pathophysiology
- Medication skills
- Self-monitoring techniques

Class 2
- Environmental control
- Avoidance strategies
- Peak flow meter

Aerobic group
- 24 sessions

Breathing group

Revaluation