

# BETTER BREATHING NEWSLETTER



## BENEFITS OF STAYING ACTIVE

There is never a bad time to stay active and keep moving.

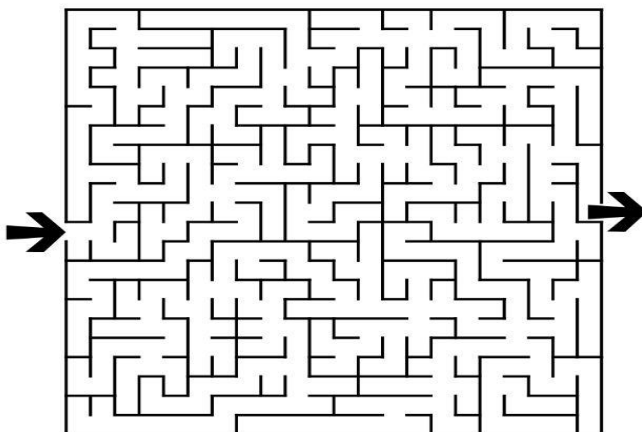
This will mean doing your exercises at home.

Exercising helps manage breathlessness by increasing fitness levels.

Keeping active will keep up your confidence and improve your mood.

- Maintains strength
- Increases fitness
- Improves sleep
- Manages weight
- Improves mood
- Improved joint health
- Increased balance
- Improves blood circulation
- Improve bone density
- Reduce blood pressure and diabetes risk

Can you complete the maze?



Talofa Lava  
Male e lele  
Ni Sa bula Vinaka  
Fakaalofa lahi atu  
Malo ni and Kio ora  
Koutou

**THE FOCUS IS  
STAYING ACTIVE**

Join us on FACEBOOK!  
[Facebook.com/groups/betterbreathing](https://www.facebook.com/groups/betterbreathing)

facebook

**STAY POSITIVE  
STAY FOCUSED  
STAY BRAVE  
STAY STRONG  
STAY CONNECTED**



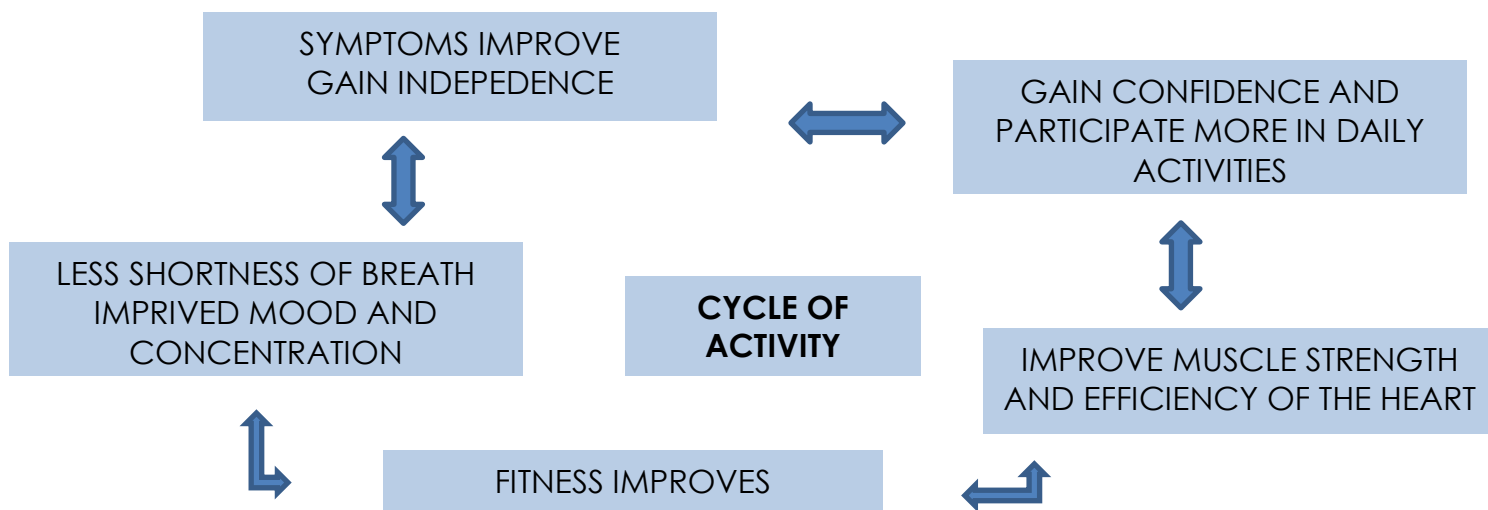
## THE HOW...

<b>FREQUENCY:</b>	3 -4 days per week
<b>INTENSITY:</b>	NEED TO BE PUFFED but able to WALK AND TALK BORG SCALE 3-4
<b>TIME:</b>	30 minutes Something is better than nothing
<b>TYPE:</b>	WAKLING OR BIKING WEIGHTs

## HELPFUL TIPS

- *Start off slow*
- *Choose a safe and comfortable location*
- *Keep it fun*
- *Pick the best time of day*
- *Make it manageable*

## CHECK OUT THE CYCLE OF ACTIVITY....



## BEFORE EXERCISING CHECK ANY SYMPTOMS OF BEING UNWELL AND CONTACT YOUR GP

- More wheezy or breathless than normal
- Increased cough or sputum, change in colour of sputum, fever or chills
- Loss of appetite, difficulty sleeping, or unable to perform normal activities at home
- Taking more of your reliever medication than normal

**PLEASE CONTACT THE BETTER BREATHING TEAM IF NEED A HOME EXERCISE PROGRAMME  
OR IF YOU HAVE ANY QUESTIONS. STAY SAFE.**

**PH: 0800 8273 2843 (CALL ONLY) OR 021 622 187 (CALL AND TEXT)**

**Facebook.com/betterbreathing**