



Better  
Breathers  
Club



nelson asthma society inc

## 2021 Better Breathers Exercise Class Timetable

Do you have COPD, Asthma or a breathing condition?

**Nelson Asthma Society Membership is \$15 per year (April to March)**

**Better Breathers Class:** \$5 per class or \$3 for members of the Nelson Asthma Society

**Better Breathers Circuit:** \$5 per class, per person

*Classes can be subject to change. No bookings required.*

Phone: 03) 544 1562 or Text: 027 546 7675 Email: [asthma.nelson@xtra.co.nz](mailto:asthma.nelson@xtra.co.nz) Website: <http://nelsonasthma.co.nz>

### Nelson Better Breathers Class

**\$3 for members or \$5 per class**

Reformed Church, 15 Burrough Place, Enner Glynn

**Wednesdays 1pm to 2pm (During school terms)**

*(Stay for a free cuppa afterwards too)*

July 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup>  
Aug 4<sup>th</sup>, 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup>  
Sept 1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup>  
Oct 20<sup>th</sup> 27<sup>th</sup>  
Nov 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup>  
Dec 1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup>

**The Respiratory Support group meets at 12pm before this class starts – everyone is welcome.**

### Better Breathers Circuit

**\$5 per class**

Club Waimea, 345 Queen Street Richmond

**Tuesdays and Fridays 10am to 11am**

*(During school terms)*

July 2<sup>nd</sup> 6<sup>th</sup> 9<sup>th</sup> 13<sup>th</sup> 16<sup>th</sup> 20<sup>th</sup> 23<sup>rd</sup> 27<sup>th</sup> 30<sup>th</sup>  
Aug 3<sup>rd</sup> 6<sup>th</sup> 10<sup>th</sup> 13<sup>th</sup> 17<sup>th</sup> 20<sup>th</sup> 24<sup>th</sup> 27<sup>th</sup> 31<sup>st</sup>  
Sept 3<sup>rd</sup> 7<sup>th</sup> 10<sup>th</sup> 14<sup>th</sup> 17<sup>th</sup> 21<sup>st</sup> 24<sup>th</sup> 28<sup>th</sup>  
Oct 1<sup>st</sup> 12<sup>th</sup> 15<sup>th</sup> 19<sup>th</sup>  
Nov 2<sup>nd</sup> 5<sup>th</sup> 9<sup>th</sup> 12<sup>th</sup> 16<sup>th</sup> 19<sup>th</sup> 23<sup>rd</sup> 26<sup>th</sup> 30<sup>th</sup>  
Dec 3<sup>rd</sup> 7<sup>th</sup> 10<sup>th</sup> 14<sup>th</sup> 17<sup>th</sup>

**Perfect if you have completed the Pulmonary Rehabilitation programme.**

### Motueka Better Breathers Class

**\$3 for members or \$5 per class**

St Thomas' Church, 101 High Street, Motueka

**Held on Mondays (During school term)**

**11:30am to 12:30pm**

July 26<sup>th</sup>  
Aug 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup>  
Sept 6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> 27<sup>th</sup>  
Oct 18<sup>th</sup>  
Nov 1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup>  
Dec 6<sup>th</sup> 13<sup>th</sup>

### ACC Approved classes

**LIVE STRONGER  
FOR LONGER**

PREVENT FALLS & FRACTURES





## What Happens at a Better Breathers class or circuit?

- BBC is a 60-minute series of guided exercises specifically designed to help those with breathing difficulties
- A trained, experienced and friendly instructor leads a series of upper body exercises designed to free-up muscles and improve circulation. A focus is on 'thoracic mobility' which involves the muscles surrounding your lungs, abdomen, back, shoulders and neck.
- These exercises can be done seated or standing using a chair for support. Or a in a circuit format at the circuit classes.
- Balance exercises are included to help reduce your risk of falling.
- Diaphragmatic breathing, also called Belly Breathing is taught to help learn the art of correct breathing.
- Coughing is encouraged, so please don't feel embarrassed.
- Reducing tension or stress can help better breathing, so the relaxation component is aimed at gradually reducing stress and anxiety in all muscles of the body.

## Why should I attend?

Keeping active can be daunting and even frightening for those with breathing challenges. The BB class helps you learn and practice beneficial exercises, so you gradually become more active. You will gain confidence to practice exercises at home, you get to talk with others with similar challenges, and you get information from trained professionals.

## Comments from participants

- *"I feel better after doing the exercises and I've made new friends"*
- *"I feel looked after at the sessions and the exercises are a comfortable level for me"*
- *"I feel more flexible and enjoy the stretching exercises"*
- *"I have learnt about getting healthy and staying as fit as I can"*
- *"I feel encouraged to practice regularly"*

**We look forward to seeing you there!**

The Nelson Asthma Society and the Better Breathers Class is  
supported by Nelson Bays Primary Health  
[www.nbph.org.nz](http://www.nbph.org.nz)