

2024 Better Breathers Exercise Class Timetable

Do you have COPD, Asthma, or a breathing condition?

Better Breathers Class

Guided exercise class

Club Waimea, 345 Queen Street Richmond

Wednesdays 11.15am – 12.15pm (During school terms)

June 5th, 12th, 19th, 26th
July 3rd, 24th, 31st
Aug 7th, 14th, 21st, 28th
Sept 4th, 11th, 18th, 25th
Oct 16th, 23rd, 30th
Nov 6th, 13th, 20th, 27th
Dec 4th, 11th, 18th

Better Breathers Circuit

Circuit exercise class

Club Waimea, 345 Queen Street Richmond

Tuesdays and Fridays 10am to 11am (During school terms)

June 4th, 7th, 11th, 14th, 18th, 21st, 25th
July 2nd, 5th, 23rd, 26th, 30th
Aug 2nd, 6th, 9th, 13th, 16th, 20th, 27th, 30th
Sept 3rd, 6th, 10th, 13th, 17th, 20th, 24th, 27th
Oct 15th, 18th, 22nd, 29th
Nov 1st, 5th, 8th, 12th, 15th, 19th, 22nd, 26th, 29th
Dec 3rd, 6th, 10th, 13th, 17th

**Please note there is no class on public holidays:
 28th June. No class 24th May, 23rd Aug, 25th Oct.**

Motueka Better Breathers Class

Held on Mondays (During school term) 11:30am to 12:30pm

Motueka Recreation Centre Gym- 'Functional Fitness Room', Old Wharf Road. **Car park entry to the room is available.**

June 10 th , 17 th , 24 th	Aug 5 th , 12 th , 19 th , 26 th	Oct 14 th , 21 st
July 1 st , 22 nd , 29 th	Sept 2 nd , 9 th , 16 th , 23 rd , 30 th	Nov 4 th , 11 th , 18 th , 25 th
		Dec 2 nd , 9 th , 16 th

Please note there is no class on public holidays: October 28th

Nelson Sing Your Lungs Out- Singing Class (Term 2, 2024 Dates)

Club Waimea, Waimea Room, 345 Queen Street Richmond, **Wednesdays 10.00am to 11am (During school terms)**

May 1 st , 8 th , 15 th , 22 nd , 29 th	June 5 th , 12 th , 19 th , 26 th	July 3 rd
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(Please email asthma.nelson@xtra.co.nz for future dates)

Better Breathers Class: \$5 per class

Nelson Asthma Society Membership: \$15

Better Breathers Circuit: \$6 per class, per person

Classes can be subject to change. No bookings required.

ACC Approved classes

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES



nelson asthma society inc

What Happens at a Better Breathers class or circuit?

- Better Breathers Class 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.
- 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 Better Breathers 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