



Feel good...  
Look after yourself!

# Better Breathers Exercise Classes

Following completion of your Pulmonary Rehab sessions you can now join our Better Breathers exercise classes.

These will help you maintain regular physical activity and are available at North Solihull Sports Centre, Tudor Grange Leisure Centre & St George and St Theresa's Church in Dorridge.



For more info visit:  
[www.solihullactive.co.uk](http://www.solihullactive.co.uk)  
or call 0121 704 8207



The active wellbeing hub is part of Solihull Active, Solihull Council & Parkwood

**To join:** Please ask one of the respiratory team to write you out a referral form.

**Class Information:**

<b>North Solihull Sports Centre</b> Conway Road, Chelmsley Wood, B37 5LA (0121 770 3822)	<b>Tuesday: 12.15 - 1.15pm</b> <b>Friday: 10.00 - 11.00am</b>
<b>Tudor Grange Leisure Centre</b> Blossomfield Road, Solihull, B91 1NB (0121 705 6371)	<b>Monday: 12.00 - 1.00pm</b> <b>Wednesday: 12.00 - 1.00pm</b>
<b>St George &amp; St Theresa's Church</b> Station Road, Dorridge, B93 8EY	<b>Thursday: 1.15 - 2.15pm</b>

All classes are led by fully qualified specialist exercise professionals, trained in chronic respiratory diseases and cost **£2.50 per class**. Classes follow on from those that you are used to and consist of a gentle circuit-based routine involving cardiovascular, lower body and upper body exercises.

Maintaining regular physical activity can help improve mobility and ability to do daily activities, increase self-confidence, decrease anxiety about breathlessness, promote greater independence and can be a good way of meeting new people with similar experiences.



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