



Feel good...  
Move More

# 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 weekly at North Solihull Sports Centre and Tudor Grange Leisure Centre.



For more info visit:  
[solihullonthemove.co.uk](http://solihullonthemove.co.uk)



The **active wellbeing hub** is part of Solihull Active, Solihull MBC and our leisure management company

**To Join:** Please ask one of the NHS pulmonary rehab/ respiratory team to write you out a referral form.

Once you have a completed referral form, you can book your first class by calling the leisure centre, then future classes can be booked online, by phone or in person.

You will be asked to complete a registration form at your first class. You can pre-register online instead, by scanning the QR code with your mobile phone's camera and completing the registration form.



If you haven't pre-registered, please arrive for your first class 15 minutes early. You can book classes up to a week in advance.

## **Class Timetable:**

**North Solihull Sports Centre: Tuesdays 12-1pm, Fridays 10-11am.**

Address: Conway Road, Chelmsley Wood, B37 5LA.

Bookings: 0121 770 3822. Cost: £3.40\* per session.

**Tudor Grange Leisure Centre: Mondays 12-1pm.**

Address: Blossomfield Road, Solihull, B91 1NB.

Bookings: 0121 705 6371. Cost: £4.00\* per session.

\*Please note prices are subject to change.

## **Class Information:**

All classes are led by fully qualified specialist exercise instructors, trained in chronic respiratory diseases. 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 and socialising.

There are also lots of other opportunities to be active across Solihull, and home exercise options, find more on our website.

For more info visit:

**[solihullonthemove.co.uk](http://solihullonthemove.co.uk)**

