



## Respiratory Pathway

As part of our Lifestyle Referral programme, we offer a specialist pathway for those with a history of or current diagnosis of breathing related conditions to get into suitable safe exercise.

You will be linked in with a Lifestyle Advisor who will be guide you through the 6-month programme of support.

Our classes aim to improve your muscular strength and fitness over a course of 12 weeks offering adaptions based on your current fitness and ability levels. After the 12 weeks your Lifestyle Advisor will guide you into further exercise this could include other classes, health walks or an individual gym programme.

Contact us for more information or speak to your health care professional to get a direct referral for example GP, Practice nurse, physiotherapist, nurse.

