



Welcome to Healthy Lungs

Healthy Lungs is Open Age's weekly exercise class for people over 50 with a diagnosed lung condition, such as asthma or COPD. The class is open to Westminster residents and people living in the Royal Borough of Kensington & Chelsea.

Healthy Lungs is the perfect choice for anyone who struggles for breath when undertaking everyday actions such as walking upstairs. Through a range of different exercises, Healthy Lungs can help you improve your lung function, strength and endurance, making it easier for you to do the things you love.

So if you want to become fitter, healthier and feel less breathless, Healthy Lungs is the class for you!

This time last year, I couldn't walk up our two flights of stairs without stopping mid-way. Now I can!

Teri



We are Open Age

We are a membership organisation and offer a weekly programme of low-cost, fun-filled courses and events designed specifically to meet the needs of Londoners over 50.

Our activities range from yoga and IT courses to phone groups, cultural visits and weekly sessions for carers. Each one enables our members to meet new people, have fun together and feel part of a community - because we're here to help people live happier, healthier and more connected lives.

Open Age changed my life. Now I look forward to getting out of the house. I live a normal, enjoyable life. I feel completely different, full of energy and improving all the time. Albert

Want to find out more?

To find out more about Healthy Lungs, please get in touch today.

Call: 020 4516 9973

Email: JBiglari@openage.org.uk

Visit: www.openage.org.uk

Pop in: Second Half Centre, St Charles Centre for Health & Wellbeing, Exmoor Street, London, W10 6DZ or any other Open Age Centre

Open Age is registered as a Charitable Incorporated Organisation in England and Wales. Registration number 1160125.



Healthy Lungs by Open Age

Helping people with lung conditions to stay healthy

What participants say

People who take part in Healthy Lungs come from all walks of life, faiths and backgrounds. Here is what some of them say about the programme.

Colin

"I feel stronger and more able to climb the stairs. I have more energy after a Healthy Lungs class and feel more positive. Without the class I would give up exercise after 15 minutes. It is a very enjoyable class, with very clear instructions and a very thoughtful trainer."

Jemal

"Taking part in Healthy Lungs gives me more confidence. The exercises are really good as they help me with my breathing and enable me to understand and cope with my illness better."

Judith

"I experience better breathing. I'm able to climb stairs, and I always look forward to taking part in the classes. They improve the quality of my life."

Healthy Lungs explained

Healthy Lungs is an ongoing, weekly exercise class for people with a diagnosed health condition. The class is led by a specialist trainer, and participants can join us either in person at one of our centres or via Zoom.

During a Healthy Lungs class, you'll work through a range of different exercises, each one designed to help improve your lung function and muscle strength. Everyone in the class will be over 50 years old and many will face the same challenges as you. Why not get involved today!

The benefits

After just a few weeks of Healthy Lungs classes, you'll feel:

- Less breathless
- Fitter
- Stronger
- Healthier
- More able to do the things you love

Frequently Asked Questions

Who can take part in Healthy Lungs?

We welcome anyone over the age of 50 who's living with a diagnosed breathing condition such as asthma or COPD. Healthy Lungs is open to Westminster residents and people living in the Royal Borough of Kensington & Chelsea.

Do I need a referral from a healthcare professional to attend?

No. We accept referrals from healthcare professionals and self-referrals. Please get in touch if you're interested in taking part.

Is there a limit to the number of Healthy Lungs classes I can do?

No. You can take part in Healthy Lungs classes for as long as you wish.

Is Healthy Lungs free to attend?

No. We charge £1 per class.

What should I wear?

You can wear anything you feel comfortable in as long as it doesn't restrict your movement.

How do I enrol?

You can book your Healthy Lungs place by contacting us on the details overleaf. We'd be happy to hear from you.



My peak flow was always under 300. Thanks to Healthy Lungs it's now 320.
Teri

