

Breathe Better for Life

Breathe Better for Life is an evidence based pulmonary rehabilitation programme for people with long term lung conditions. It has now been adapted to be delivered remotely.

How will it help me?

- Make you more effective at managing your lung condition for life.
- Give you the skills cope with symptoms such as breathlessness, cough and excessive respiratory secretions.
- Improve your physical strength and fitness.
- Improve your quality of life by enabling you to do more of the things you enjoy.

What does it include?

- An exercise programme designed to carefully increase your activity including aerobic activities and strength exercises.
- Advice and education from a specialist team of health professionals
- Support and monitoring to improve your motivation and help you achieve your goals.

Motivation is required. Whilst the programme requires participants to commit to completing a prescribed home exercise programme at least three times a week you will be regularly supported by and have access to a team of specialist healthcare professionals.

Depending on your technological capability the programme can be delivered:

- Remotely:** with a written personalised exercise plan, education pack and telephone consultations **OR**
- Virtually:** with access to videos, online education and video consultations.

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