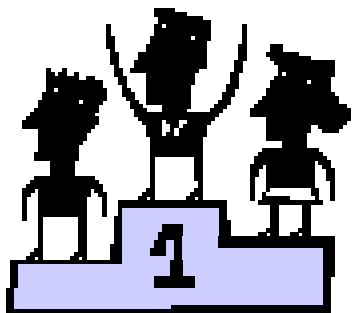




**Have you Breathing
problems?
Community Exercise
Is The Best**



When exercising
STOP and See the
clinic if you have

- PAIN IN THE CHEST.
- TOO HARD TO BREATHE.
- FEELING DIZZY IN THE HEAD.



CLINIC NUMBER



**Have you Breathing
problems?
Community Exercise
Is The Best**



**Stay Healthy With
Lung Disease.**

Get Moving.

- ▶ See your clinic for
more
information





Exercise with A Friend.

OR

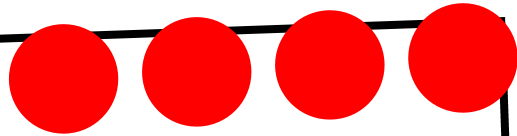
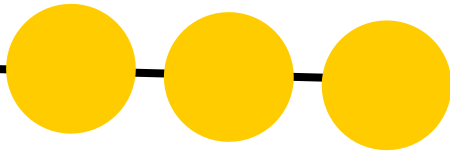
Try something new.

Exercise any more ?

Don't want to

HAVING FUN

Exercise is



Week 9 Working on your plan to keep exercising.

Week 2— Week 8 Doing exercise together and talking about things that are important for you.

WORKING Week 1 Plan your WORK OUT

Exercise with help from the clinic Sister

The clinic sister can help you get exercising to stay healthy.

Need help?



Staying healthy when you are short of wind is as easy as doing a little exercise every day.

Exercise is about having fun and doing what you like to do. All you need is a hat, and water and you can...

Walk to the shop.

Walk to the school.

Go for Sort or long walks.

Hunt .

Catch fish.

Staying healthy With Lung Disease Exercise



STAYING HEALTHY