

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



New exercise class helps chronic lung disease sufferers improve their health

Northern Tasmanians with chronic lung conditions such as emphysema and chronic bronchitis can improve their quality of life through the new Lungs in Action programme.

The UTAS School of Human Life Sciences has obtained a grant to run the programme through the Exercise Physiology Clinic which is open to the general public.

This programme will be available to people who have stable lung conditions such as emphysema and chronic bronchitis, who have already completed pulmonary rehabilitation through the Launceston General Hospital and wish to maintain physical fitness in an environment that is safe and supportive to their condition.

UTAS exercise physiologist and senior lecturer Dr Andrew Williams said that currently there is a gap in services between hospital rehabilitation and normal exercise programs for people with these conditions.

“The School of Human Life Sciences will establish the program under the guidance of the LGH’s Pulmonary Rehabilitation program and the Australian Lung Foundation to provide a service that will assist patients to stay well and out of hospital.

“Clients will also benefit from small class sizes,” he said.

LUNGS IN ACTION CLASSES:

When: Thursdays at 2pm

Where: Unigym, Brooks Rd, UTAS Newnham campus.

Cost: \$3 per session.

Bookings essential, ph. 6324 5400.

Media are invited to attend a Lungs in Action session on Thursday 2 February at 1.40pm at UTAS Unigym, Newnham. Interested health practitioners, patients and members of the public will be trialling the exercises and learning about the service.

For more information, please contact Dr Andrew Williams, University of Tasmania, ph. (03) 6324 5487

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