



## The Asthma Foundation of Western Australia Inc

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*...Helping People Breathe Better...*

### **MEDIA RELEASE**

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### **Swim into action with Adult Asthma Aquatics**

MANY 87-year-olds might think twice about joining a fitness program, but Leith Ryder thrives on his weekly Adult Asthma Aquatics class - a weekly swimming program run for adults with asthma by the Asthma Foundation of WA.

Adult Asthma Aquatics, also known as Triple A, has been running for 26 years and welcomes new members to come along and improve their fitness while having fun with fellow adult swimmers.

Chief Executive Officer of The Asthma Foundation of Western Australia, Mr John Gummer says, "The program gives participants the opportunity to sustain regular fitness in a fun, safe and supportive environment. Asthma related deaths are increasing amongst our aging population and it is critical that older people keep their asthma well controlled. Being involved in Adult Asthma Aquatics is one of the great ways to achieve this".

Adult Asthma Aquatics is not limited to people who can swim, but also teaches swimming skills to beginners of any age. Participants can also check their peak flow and heart rates before and after each class. The program facilitator, Coralanne Cranston incorporates different swimming strokes and a range of other water-based exercises.

Coralanne says, "We all have the best intentions when it comes to exercise but this can sometimes be hard when you are on your own. Being part of a group with a structured program facilitates motivation and the hour never passes without a few laughs along the way". The group also has social get-togethers and access to Asthma Foundation of WA educators.

The program runs on Mondays during the school term at Beatty Park's indoor pool from 1.30pm-2.30pm and costs \$5 per class (includes pool admission). For more information or to enrol please contact Project Coordinator, Jo Petersen on 9289 3645.

The Asthma Foundation's annual Donations Appeal is currently underway and is seeking the support of the community to help fund the vital work of the Asthma Foundation in providing educational services and funding medical research. For more information about the Asthma Foundation or to make a donation please visit the website [www.asthmawa.org.au](http://www.asthmawa.org.au).

**Media Liaison:** Kate Van Saane, 9289 3663. Please make contact for interviews.

**Photographs:** Please find a photograph attached that was recently taken at an Adult Asthma Aquatics Program. Leith Ryder is featured second from the left in the back row.