



## Harmonica for Lung Health – Asthma and Lung UK and Chris Startup

Our online support groups started in 2021 and 2 years on the sessions are going from strength to strength. Available to people all over the UK, we are able to reach a wide audience including people who are still reluctant to go out after the pandemic

Our 6-week Harmonica for Lung Health course offers a fun, new way for people to manage their lung condition. Playing the harmonica has been shown to help strengthen breathing and coughing muscles as well as relieve stress.

Here's how playing the harmonica can contribute to lung health:

- Deep Breathing.
- Controlled Breathing.
- Aerobic Exercise for the respiratory system.
- Coughing and airway clearance.
- Fun and Motivation.

Chris Startup, our Harmonica practitioner initially completed a Singing for Lung Health training course in 2017. He then started Harmonica for Lung Health using his existing knowledge and developed sessions that incorporated similar breathing principles.

All our online support groups are designed to offer attendees tips and tools to support positive lung health and help improve the well-being of people living with respiratory conditions.

You can find out more about our groups on our website

<https://www.asthmaandlung.org.uk/groups-support>

