

Breathe Better. Move Better. Live Better.

12 week Course

Breathing is the foundation of movement. When your breathing is efficient, everything else becomes easier. Our metabolic sub-max assessment and breathing economy programme—supported by physiotherapy, pain relief, and massage—offers a complete, compassionate approach to better health.

Our Approach: Assessment First, Always

We begin with a metabolic sub-maximal assessment—a safe, controlled test that measures your breathing economy, heart rate, and oxygen consumption without pushing you to exhaustion. Unlike maximal tests, there is no "all-out" effort required. We simply observe how your body responds at controlled intensities and use that data to build your personalised programme.

From there, we prescribe a tailored exercise programme designed to:

- Slow your respiration rate, so each breath is deeper and more effective
- Improve oxygen efficiency, so your muscles receive more oxygen with less effort
- Reduce breathlessness during daily activities and exercise
- Build sustainable fitness without the risk of overexertion or relapse

This is not about athletic performance. It is about health-related fitness—the kind that helps you live comfortably, confidently, and independently.

A Breathing First Approach to Fitness: The 12-Week Course

Most fitness programmes assume you're starting from a place of strength. But if you've been unwell, deconditioned, or simply need a smarter approach, that assumption can be dangerous. A standard plan might be too aggressive—and could set you back weeks or months.

That's why we lead with your breath.

Our sub-max testing and exercise prescription enables a more cautious, intelligent approach to your training. We deliberately do not use maximal tests. Instead, we assess your breathing economy, heart rate, and dyspnoea (breathlessness) at carefully

controlled intensities. Your progress isn't measured by how hard you push, but by how efficiently you breathe at the same heart rate over time.

We include three sub-maximal VO_2 assessments across your journey: one at baseline to establish your starting point, one mid-course to track your trajectory, and one at the end to prove—with data—just how far you've come. No guesswork. No risky maximal efforts.

Yes, this takes longer than a standard programme. We ask for a committed 12 weeks because we are rebuilding your oxygen efficiency from the ground up, not papering over the cracks. That investment of time is precisely what makes this the safest and most effective way to return to fitness without relapse.

And when you reach the end? By the end of these 12 weeks, you will have built the most important foundation of all: respiratory resilience. This isn't about "getting ready" to train hard; it's about earning the right to train hard safely. When you step into our cardiovascular training programme, you won't be starting from scratch—you'll be stepping up from a position of strength, efficiency, and complete control.

Additional Support: Physiotherapy, Pain Relief & Massage

We understand that breathing is not the only barrier to movement. For some, pain, stiffness, or injury can limit progress. That is why our service includes optional support from allied therapies:

- Physiotherapy – to address movement restrictions, muscle imbalances, or underlying conditions that affect your breathing mechanics and posture
- Pain Relief – to help you move more comfortably so you can participate fully in your programme
- Massage – to release tension in the respiratory muscles, improve circulation, and support recovery

These therapies are not add-ons for their own sake. They are integrated supports for those who need them, ensuring that nothing stands in the way of your progress.

Are You Ready to Earn That Right?

Contact us today to book your initial assessment.