



## Who are we ?

Siel Bleu is a non-profit organization that offers all people - regardless of their ability, place of residence, or economic situation - the opportunity to improve their health and well-being throughout their lives through adapted physical activity.

- Founded in **1997**
- More than **200,000** beneficiaries served each week, through individual or group sessions, either in person at home or remotely.

## What Is the Project ?

BreathEasy is an accessible, online programme designed to support people living with chronic respiratory diseases in staying active, independent, and confident in daily life.

The programme combines gentle physical activity, targeted breathing techniques, and practical health education to help participants improve strength, endurance, and overall quality of life -all from the comfort of their home.

BreathEasy concept has been created with inclusivity at its core. The platform is fully accessible, easy to navigate for older adults, and adapted for people with limited mobility or varying energy levels. All content is available in English, Spanish, and French, ensuring that participants across diverse communities can engage in a language that feels natural and supportive.

## Why It Matters ?

Living with conditions like COPD, asthma, post-COVID symptoms, or cardiovascular risk can make movement challenging. BreathEasy supports participants to:

- Improve breathing and lung capacity
- Reduce fatigue
- Increase daily mobility
- Lower hospital visits
- Feel connected, supported, and motivated





**Our goal : a stronger, healthier, more active life - step by step**

## **Who Can Join?**

BreathEasy is ideal for:

- Older adults seeking to maintain or improve their respiratory and functional capacity
- People living with chronic respiratory conditions such as COPD, asthma, or pulmonary fibrosis
- Individuals recovering from COVID-19, pneumonia, or extended hospitalization
- People with cardiovascular risk factors or chronic diseases like diabetes
- Patients in post-hospital recovery needing a gentle reintroduction to movement
- Caregivers and family members looking to learn safe, supportive practices
- Individuals with reduced mobility or frailty who want to move more and feel better
- Residents of nursing homes and day care centers who benefit from adapted exercise
- Anyone aiming to breathe easier, move safer, and live with greater autonomy

**No equipment needed. No experience required.**

## **What we aim for:**

- Better breathing control
- Higher stamina and strength
- Safer, more confident mobility
- Reduced isolation
- Better understanding of their condition
- A renewed sense of independence

**Together, we turn isolation into connection - and movement into wellbeing.**