

# Usman's Story

Proudly supporting  
**WE ARE  
UNDEFEATABLE**



This is Usman.



He was told he has Asthma when he was 10 years old.



10 years ago, Usman became ill with Pneumonia and then Bronchiectasis, a serious lung problem.



Usman's lung problems make him feel breathless, which can leave him feeling tired.

On bad days he cannot get out of bed.



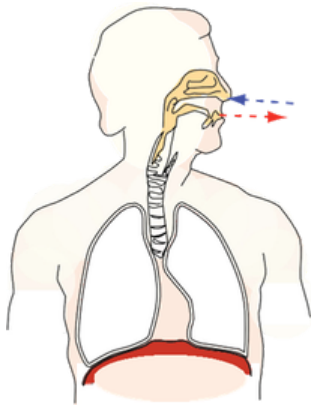
Usman found a Facebook group for people with Asthma and breathing problems. This helped him to think about improving his health.

He wants to be able to look after his family and care for his older parents.



Usman joined a men's group organised by 'One Voice' charity.





He contacted his physiotherapist, who showed him new breathing exercises.



He started taking short walks each day to visit his parents and neighbours.



Taking short walks has helped improve his health.

He can work, support his family and live a happy life.

