



13 March 2020

TAILOR MADE

These days people can expect the best. If you're cooking at home for the night, you can lay your hands on the quickest and tastiest recipe for sticky pork. You can even have Nigella or Ainsley making it there with you (if you bring your laptop into the kitchen). When you need advice on fashion, tourism, decorating, particle physics, the top experts in that field are always a click away.

But particle physics is the same for all people everywhere, whereas health is not.

People with cystic fibrosis (CF) don't need the same advice or therapies or routines as other people, they need CF advice and CF professionals. The good folks at Beam have stepped up and are providing in-depth professionally moulded health programs for CF people across the world.

They have 'live' fitness classes online from dedicated instructors with CF training. They have a huge catalogue of CF-oriented Yoga and exercise regimes, individually tailored programs and an online community of users who support one another to reach goals.

Beam is committed to providing targeted care to CF individuals because they know that exercise is a literal lifesaver in our community. In their own words:

"In CF [exercise] means improving strength and cardiovascular fitness, getting mucus moving from our lungs, building better posture and stronger bones, and so much more."

Cystic Fibrosis Australia and Beam are here to help maximise your health and fitness because people with CF too can expect the best!

Go online to join a beam session today at <https://beamfeelgood.com/onDemand/list/cystic-fibrosis>

Kind regards

Nettie Burke
CEO
Cystic Fibrosis Australia