

TWO SUPER SIMPLE EXERCISES TO

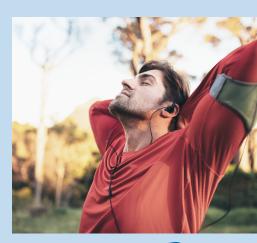
Help You Breathe Better, Today

Breathing freely, easily and deeply is key to feeling well

This guide will help you learn to breathe properly again





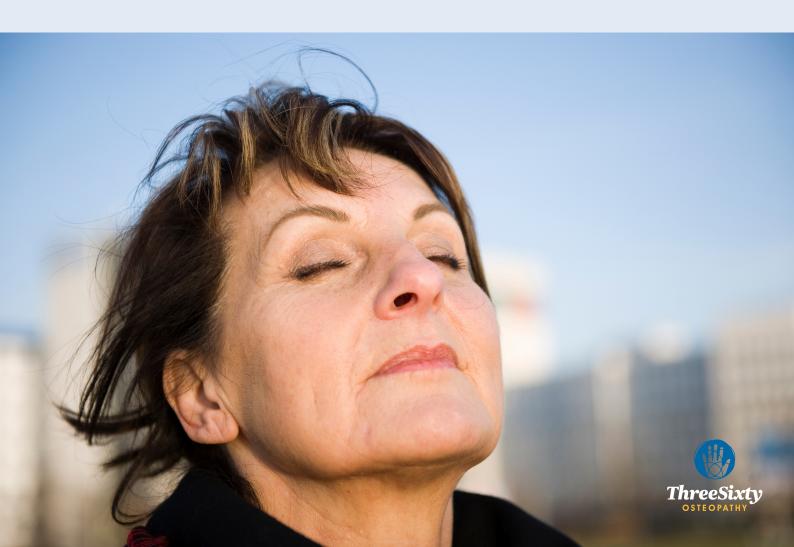




ANYONE CAN LEARN THESE SKILLS

Breathing well is also key to having *soft*, *supple muscles* that are ready for action

Signs that you might not be breathing optimally include: feeling breathless at rest, frequently sighing deeply or yawning, feeling like you have a tight chest, feeling your heart flutter or race, having cold hands and feet, feeling light-headed, having tingling or numbness in your lips or finger-tips, suffering from headaches, blurred vision, dry throat, heartburn, IBS, achy muscles and joints tiredness, broken sleep, nightmares, and high anxiety levels.



Improve Your Breathing, Today

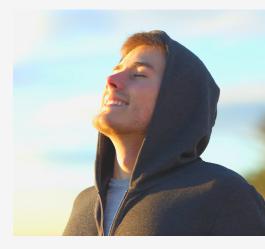
STEP 1 'ABDOMINAL BREATHING'

The aim is to encourage slow, abdominal breathing, where possible through the nose. This may initially feel uncomfortable or wrong.

- Lie on your back, with one hand on your abdomen.
- Allow your body to relax for a minute and try to sense the movement of your abdomen.
- Try to breathe in by filling your abdomen rather than moving your chest - your abdomen should rise when you breathe in, and fall as you breathe out.
- Once you have achieved the correct movement of your abdomen, try to breathe a little more deeply, filling your abdomen with air.
- Breathe out as much as you can try counting slowly: One, two on the in-breath, and three, four, five on the out-breath.









Aim to breathe about 12 times per minute. If you are breathing too fast, just relax for a few minutes and then try again.



STEP 2 'PURSED-LIPS BREATHING'

This exercise helps to train a slower breathing rate. By concentrating on exhalation, it also encourages you to 'breathe off' carbon dioxide.

- Lie on your back. Hold up a finger about 10 inches (25 cm) away from your mouth.
- Gently and slowly blow through pursed lips (as if you are blowing through a narrow straw) so that you can feel a gentle airflow onto your finger.
- When you have exhaled fully, without strain, pause for a count of one, and then inhale through your nose. (Full exhalation creates a sense of a 'coiled spring', making inhalation easier).

Perform 30 breaths, and practice this in the morning and evening. If you feel light-headed during the exercise, stop blowing on your finger and relax.

It is important to practise regularly - a least once per day