

# HUMAN PERFORMANCE CENTRE

Unaware of how to breathe properly in certain situations? We Can Help!

What is more important than breathing? Well, nothing really. You can go weeks without food, days without water, but only minutes without breathable air.

Breathing not only keeps you alive, it also helps to promote healing, restful sleep, and mental alertness. An easy way to breathe deeply is to engage in a cardio vascular activity like jogging or cycling, but we also need to get air deep into our lungs when we are not active. By doing so, it can help with anxiety and stress, dealing with pain, or calming the ones self before sleep. I have often asked my clients to take a deep breath when I'm

about to work out a tight or knotted muscle. This helps reduce discomfort because it is difficult to be tense when doing so. You may find yourself taking a deep breath just before a meeting with your boss or when preparing for a race on race day. Why do we do it? We do it because it is a natural way to help calm the body and mind.

There are typically two types of breathers; shallow breathers and belly breathers. Either one is not getting enough air deep into the lungs throughout the day, so it is good to take time to purposefully breathe deep into your lungs.

How to do deep breathing;

1. Sit up straight or lay down
2. Focus on slowly filling the lungs and allowing the rib cage to expand
3. Allow air into the belly
4. Reverse the order first slowly exhale air out the belly
5. Exhale the air out of the lungs fully
6. Repeat 1-5 three to five time

Give it a try!



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