



Breathing Tutorials

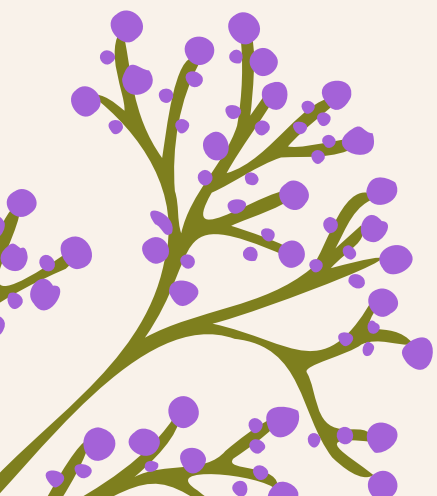
The Importance Of The Breath

By CFW Health and Fitness Pro:
Jordan Devault

Breathing and It's Role

Primary role: absorbs oxygen to fuel the body and expel carbon dioxide

- Breathing is a vital function for humans and is important for our physical and mental well-being



The Daily Breath



- Humans log around 20,000 breaths a day
- Daily stresses/threats can cause our breathing to become shallow and at a more rapid pace
- It is important to practice deep breathing techniques to help deal with stress and allow the body to get the most oxygen exchange

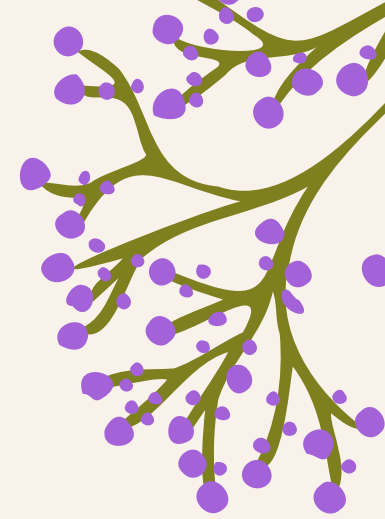
Signs of Poor Breathing

Holding your
breath

Feeling short of
breath

Running out of
breath

Taking shallow
breaths



Common Causes of Shortness Breath

Asthma

Pneumonia

Being out of
shape

Chronic
Obstructive
Pulmonary
Disease

- Anxiety, anemia, and allergies can also be causes of difficulty breathing



Benefits of Controlled Breathing



- Reduces levels of stress hormones in blood
- Reduces lactic acid build-up in muscle tissues
- Improves immune system functioning
- Increases physical energy

Belly Breathing vs. Chest Breathing



- Chest breaths are often shallow and quick while belly breaths are longer and deeper
- Breathing from the belly can actually reduce heart rate, lower blood pressure and stress levels
- Try incorporating belly breathing into your daily routine, rather than from the chest

1. Lay down or sit tall in a comfortable chair. Place one hand on your belly, and one on your chest
2. Slowly breathe in through your nose and out through your mouth
3. You want your chest hand to stay still, while the hand on your belly moves up and down



Breathing Technique: Belly Breathing

Practice this roughly 15 times a day

Breathing Technique: Pursed Lip Breathing



This technique keeps the airway open longer so more air is able to enter in and out while reducing the amount of breaths.



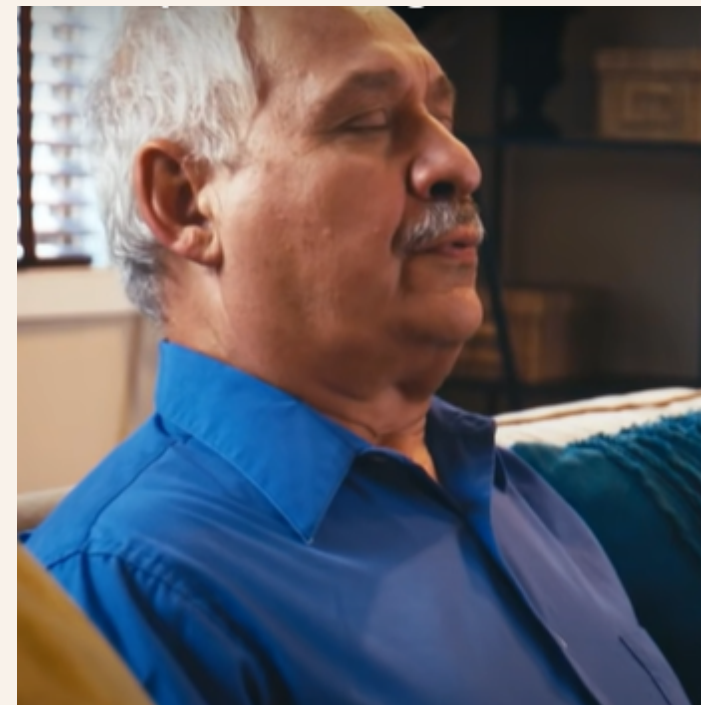
Step 1

Relax shoulders and neck muscles.



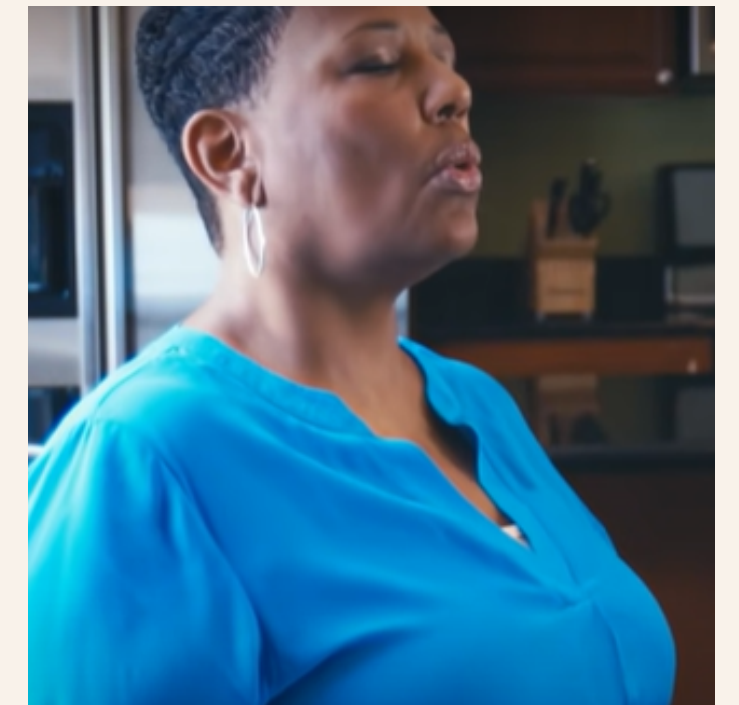
Step 2

Slowly breath in through your nose



Step 3

Pucker/Purse your lips



Step 4

Slowly exhale out through your mouth. Try to exhale longer than your inhale.

Breathing When Exercising

For cardiovascular exercise like jogging, running, and walking try to time your breathing to your steps.

Example with walking:

- Inhale for 2 steps**
- Hold for 2 steps**
- Exhale for 4 steps**

When strength training, you typically want to inhale during the eccentric phase and exhale during the concentric phase.





Breathing for Stress and Anxiety

During times of stress or anxiety try the **4-7-8 breathing technique**. Repeat 4 times or until you feel calm.

First, get into a comfortable position either sitting or laying down.

Then,

- Inhale for 4 seconds
- Hold for 7 seconds
- Exhale for 8 seconds

Benefits of Deep Breathing Technique

- Reduce anxiety
- Help you fall asleep
- Reduce anger responses
- Reduce blood pressure

- Slow down heart rate and thinking when anxious
- Manage cravings
- Improve lung function
- Balance the mind and body



References

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