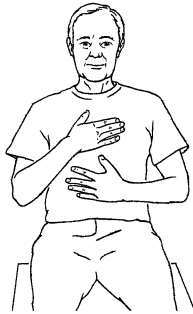


**BREATHING - 1 Quick Test**

Sitting, breathe with left hand on belly, right hand on chest. If only right hand moves, breathing is too shallow.

Good breathing uses diaphragm (divider between chest and belly).

To develop this, focus on left hand moving OUT on inhale and IN on exhale. This uses lower lobes of lungs and oxygen reaches all parts of body.



**BREATHING - 2 Deep Effective Breath**

Standing or sitting, place both hands on the belly. Take a deep breath IN, expanding the belly; then breath OUT, contracting the belly.

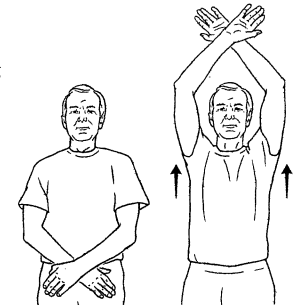
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



**BREATHING - 3 Elevating the Rib Cage**

Standing or sitting, cross arms at wrists in front of body. Keeping arms crossed, breathe IN while raising arms straight up, lifting rib cage. Breathe OUT while lowering arms. Relax.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

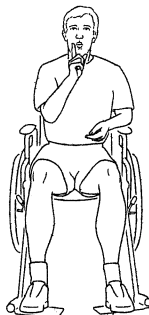


**BREATHING - 3 Fingertip**

Hold finger close to lips. Take a deep breath in through nose and slowly exhale through pursed lips. Count how long air is felt.

Take \_\_\_\_ deep breaths.

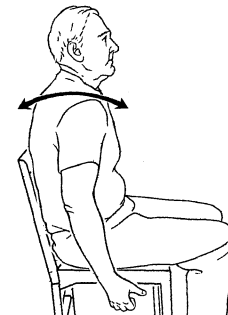
*Note: Try to increase distance from which air is felt and length of time for exhale.*



**BREATHING - 4 Shoulder Hunch**

Sitting or standing, breathe IN while rolling shoulders back. Breathe OUT while rolling shoulders forward. Torso is erect, and posture is straight.

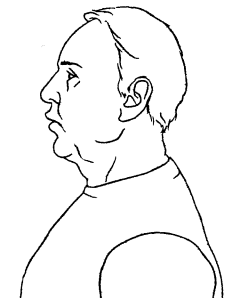
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



**BREATHING - 7 Pursed Lip Breathing**

Breathe IN through nose and OUT through pursed lips (as if blowing out a candle). It should take twice as long to blow the air out as it does to breathe in.

Practice \_\_\_\_ minutes.  
Do \_\_\_\_ sessions per day.

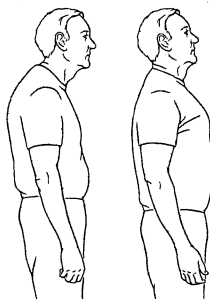


**BREATHING - 6 Posture Awareness**

Stand and check posture: Jut chin, pull back to comfortable position. Tilt pelvis forward, back; be sure back is not swayed. Roll from heels to balls of feet, then distribute your weight evenly. Picture a line through spine pulling you erect.

Focus on breathing.  
Good Posture = Better Breathing.

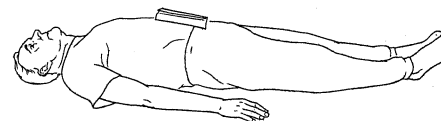
Check \_\_\_\_ times per day.



**BREATHING - 5 Heavyweight Breathing**

Lying on back with book on belly, take slow, deliberate breaths, feeling the book rise and fall. The objective is to use diaphragm by moving belly more than chest.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.



**BREATHING TIPS**

**DO:**

- Practice! Practice! Practice! your rhythmical breathing
- practice at least \_\_\_\_ minutes every day
- look into mirror to watch your breathing
- quit smoking
- avoid exposure to tobacco smoke from others
- expand belly while inhaling, retract while exhaling

**DONT:**

- breathe too quickly with shallow breaths
- You can get light-headed
- hold your breath for any reason
- smoke! If you do, be considerate of others