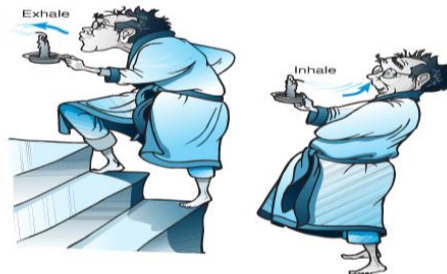


MANAGING YOUR BREATHING

COORDINATED BREATHING

Have you ever noticed that you tend to hold your breath when you're working hard (like when you're lifting a heavy box)? When you're exercising or doing some other kind of strenuous activity like climbing a flight of stairs, getting dressed, or sweeping the floor, your muscles need oxygen to do the hard work you're asking them to do. When you hold your breath, your normal breathing pattern is disrupted, and you don't get enough oxygen to the parts of your body that need it! This leaves you feeling more tired and short of breath.

Coordinated breathing helps you breathe normally during activity or exercise - ensuring that your muscles get enough oxygen to do the work they need to and helping you to control your shortness of breath.



- ❖ Before you begin a strenuous activity, settle your breathing with a few moments of pursed lip breathing.
- ❖ Inhale through your nose before doing the "work" part of the activity
- ❖ Exhale through pursed lips during the most difficult or "work" part of the exercise or activity
- ❖ If you become very short of breath while exerting yourself, take a break and practice pursed lip breathing again for a few moments to help you settle your breathing. Then begin the activity again.