BREATHE BETTER, LIVE BRIGHTER

A 5-DAY KICKSTART GUIDE TO FUNCTIONAL BREATHWORK

Simple daily exercises to help you sleep deeper, stress less, and show up stronger.

Brought to you by Breathe On Purpose

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START TODAY. FEEL THE SHIFT IN 5 DAYS.

Why Breathing Right Changes Everything

Hey there! I'm Alex from Breathe On Purpose. Whether you're here to improve your sleep, ease your stress, or feel more in control of your energy, this guide is for you.

Your breath is your most accessible tool for better health and performance. When you breathe functionally, through your nose, low into your belly, and with awareness, you tap into your nervous system, improve oxygen efficiency, and create calm in your body and mind.

Commit to 5 minutes a day for the next 5 days. Let's breathe with intention.

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Your 5-Day Breath Practice

Day 1: Nasal Reset

3 minutes.

Sit or lie down. Breathe only through your nose. Focus on a silent, smooth inhale and a longer, soft exhale.

Why it works: Nasal breathing boosts nitric oxide, filters air, and signals calm.

Feel this: Clearer mind, calmer body.

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Day 2: Box Breathing

5 minutes.

Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat for 5 rounds or more.

Why it works: This technique helps balance the autonomic nervous system.

Feel this: Grounded focus and emotional control.

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Day 3: Low & Slow Belly Breathing

5 minutes.

Place a book on your belly. Inhale gently through your nose, letting your belly rise. Exhale slowly.

Why it works: Activates the diaphragm and parasympathetic nervous system.

Feel this: Relaxed muscles, more presence.

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Day 4: Breath Holds (Mini Apnea Walks)

Walk slowly.

Exhale gently and hold your breath after the exhale. Take a few steps before breathing in again. Repeat 5x.

Why it works: Boosts CO_2 tolerance, endurance, and mental clarity.

Feel this: Sharper focus, inner strength.

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Day 5: Recovery Breath

3 minutes.

Inhale through the nose for 4, exhale through the mouth (pursed lips) for 6-8. Sit still and feel into your body.

Why it works: This breath activates recovery and integrates the nervous system.

Feel this: Deep calm and clarity.

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Keep the Breath Momentum Going

These simple tools are now yours, use them daily to reset and regulate. Here's how to build breath into your day:

- Morning: Start with 3 minutes of nasal or box breathing.
- Midday: Try a mini breath hold walk for focus.
- Evening: Use belly or recovery breathing to wind down.

Link breath to habits: right after brushing your teeth, before calls, or anytime you feel stressed.

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Let's Keep Breathing Together

Your breath journey is just beginning. Want to go deeper?

→ Experience a 1:1 session or group workshop with Alex

→ Follow on Instagram @breathe_on_purpose

→ Join the Sunday morning group for a 15 min session on Zoom.
Text "Breathe" to 510-591-0222

Ready to transform how you breathe, feel, and perform?

Click to schedule a FREE 20-minute Breath Breakthrough Call

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