

# ***Lung Training:***

Our breathing is often overlooked as it is the most essential function of our bodies. Many factors affect lung function, making small changes and being mindful of our posture and breathing will improve well-being and long term health. Meditation and Mindfulness training have grown dramatically due to our fast paced stress filled lifestyles.

## **Autonomic/Manual Control:**

- Taking over manual control of your breath helps to relax your body and relieve stress and tension

## **Posture:**

- Directly affects ability of diaphragm to draw in air
- Improving posture aids in deeper breaths to reduce Heart Rate

## **“Stress Breathing”:**

- Short/Shallow breaths
- Increases muscle tension in neck and shoulders
- Increased Heart Rate

## **Belly vs Chest Breathing:**

- Draw air in through Nose/Out through the mouth
- Belly distends out as you inhale/Belly draws in as you exhale
- Use one hand on your chest and the other over your navel to practice
  - Try to breathe in and out without your CHEST MOVING

## **Resting Heart Rate: (RHR)**

- Test by taking the average of 3-days before you get out of bed
- Goal is to lower over time
- Reduces workload on heart 24/7

\*Consult your MD for any breathing issues especially with the spread of Covid-19