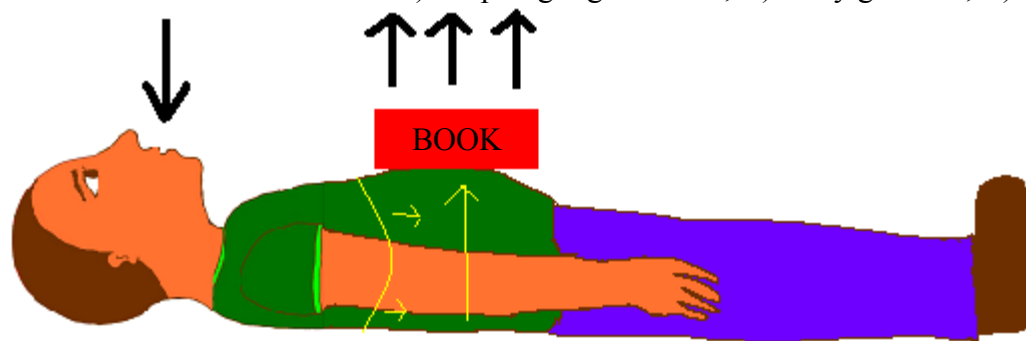


BELLY BREATHING

BREATHE IN:

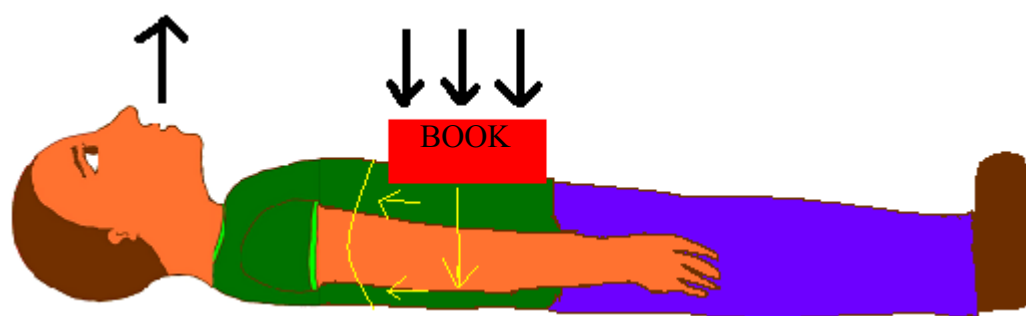
A) Diaphragm goes down, B) Belly goes out, C) Book goes up



***Trace the pattern of all the arrows with your finger starting at the air going in the mouth.

BREATHE OUT

A. Diaphragm goes up, B) Belly goes in, C) Book goes down



***Trace the pattern of all of the arrows with your finger starting at the book going down.

NOW YOU ARE READY TO PRACTICE CORRECT BREATHING

Remember to keep your shoulders relaxed!!! Your belly should be doing the moving, not your shoulders

Lying down flat option (180 degrees)

BREATHE IN

- Step 1: Lie down
- Step 2: Place a book on your belly
- Step 3: Breathe in through your nose
- Step 4: Your diaphragm goes down
- Step 5: Your stomach inflates
- Step 6: The book goes up

BREATHE OUT

- Step 7: Exhale - your diaphragm goes back up, your belly goes in, and the book goes back down.
- Step 8: REPEAT 4x

Sitting up straight option (90 degrees)

BREATHE IN

- Step 1: Sit up straight
- Step 2: Place one hand on your stomach and one hand on your chest
- Step 3: Breathe in through your nose
- Step 4: Your diaphragm goes down
- Step 5: Your stomach inflates (the hand on your belly moves outward, the one on your chest stays in place)

BREATHE OUT

- Step 6: Exhale - the diaphragm goes back up, the belly (and hand on belly) goes in, the chest stays in place
- Step 7: REPEAT 4x

PRACTICE DAILY! Time how many seconds you can exhale. Each week, try to exhale a second or 2 more than you could before! Visit <http://www.lung.org/your-lungs/how-lungs-work/> to see breathing in action!