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/](http://www.lung.org/your-lungs/how-lungs-work/) to see breathing in action!