

ARE YOU TAKING YOUR BREATHING FOR GRANTED?

by: Nadia Bender



Here I am, fully congested due to a cold and my sinuses are completely clogged and I am finding it extremely difficult to breathe through my nose!

Now I can appreciate my clients who find it equally challenging to breathe in through their nose and out through their mouths during exercise. If it were only easy we all would be that much more effective in achieving our fitness potential.

What is also interesting is that when you don't breathe effectively doing very easy cardio can still make your heart rate soar - why? When you fail to breathe, no oxygen gets into your lungs and you halt in your stamina. Without breathing out on exertion you limit your possibilities at pushing to your physical maximum.

Why do we hold our breath when something is physically demanding for us to do? Does it make it easier? Of course not! Yet we still do it. Yes we are all guilty of learning this easy pattern of breathing - the hard part is to re-learn how to breathe so we can improve our physical output. When we are stressed and want to relax, deep breathing will allow us to get there. This means we need to think about each breath. Feel the breath in through the nose and out through the mouth - not short panting breaths but long, deep breaths where our stomach inflates and our chest rises.

Being able to breathe during exercise makes you appreciate how difficult it would be for someone who is not able to do this due to a cold, sinus issues or asthma-related conditions. I have had experience with all of the above and boy do I now appreciate the value of being able to breathe without the assistance of a puffer, nasal spray or other medication. Just breathing is mindful exercise that actually accelerates your success in taking you to the next level in fitness.

Stay strong with your breathing, and if you aren't sure you actually are breathing during exercise then come in for an assessment and we will help you breathe easier during your fitness program to see better results.

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