KNOWLEDGE STOP

MASTER YOUR BREATHING

Breathing is a key ingredient to human function and performance as it accounts for 90 percent of our body's energy. Breathing is a movement we do over 23,000 times per day. Therefore, it has a significant impact on our performance. It's a human reflex we're born with and it's attached to our nervous system, which has an input and an output.

If you have poor breathing patterns (input), you'll have poor motor output, which can result in muscle compensations and even overuse injuries. Breathing plays a role in expelling the body's waste, optimal nervous system function, proper motor function, relaxation, focus, and efficiency.

THE CORRECT WAY TO BREATH

There are typically two types of breathers:

APICAL BREATHERS
Apical breathing or upper chest breathing can be caused by a variety of issues, including smoking, stress, poor posture, or asthma.

DIAPHRAGMATIC BREATHERS
This is the most reflexive and natural way. We want to be good diaphragmatic breathers. In general, the rib cage should expand in a 3D pattern, top to bottom, back to front, and to the sides.

WHICH KIND OF BREATHER ARE YOU?

Here is an easy test to tell what your tendency is — without thinking about breathing styles naturally take a big breath in and exhale slowly. What happened?

If your chest inflated and your exhalation came from your upper torso it was an apical breath. If your chest and stomach inflated and the exhalation came from deep in your ribs it was a diaphragmatic breath.

Check your breathing frequently, especially in stressful situations, and see where you fall. Aim for deeper breaths each time.

We can use breathing techniques throughout the course of the day to make this happen. Think in terms of a breathing tempo that consists of an inhale, a hold, and an exhale, and see where you fall. Aim for deeper breaths each time.

EVENT	BREATHING TEMPO In-Hold-Exhale (Seconds) "X" = Explosive
WAKE UP TIRED	6-2-X
WAKE UP ANXIOUS	6-4-10
PERIODICALLY DURING DAY	4-2-6
MOMENTS OF ANXIETY	6-4-10
MOMENTS OF TIREDNESS	4-0-X
MEDITATING	8-4-12
BEFORE MEALS	4-2-6
BEDTIME	6-4-12

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