

Coordinated Breathing With Activity

What is coordinated breathing?

It is a technique to time your breaths out (exhalation) with an exertional movement such as a push or pull. This may help limit unwanted increases in blood pressure that can happen while holding a breath and exerting yourself at the same time. It can also help you pace yourself throughout an activity.

How to do it:

1. Gently breathe in through your nose.
2. Breathe out through pursed lips as you move through your movement.

Try using this breathing technique during your exercises or your normal daily activity. See below for some examples:

Sit to Stand



Breathe out as you stand.



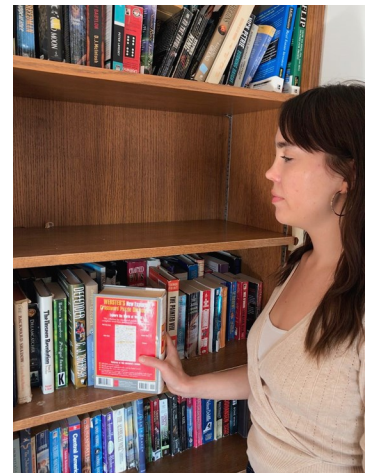
Bicep Curls



Breathe out as you curl.



Lifting



Breathe out as you lift.



Inhale on relaxation. Exhale on exertion.