

# Stairs with Controlled Breathing

## Why use controlled breathing?

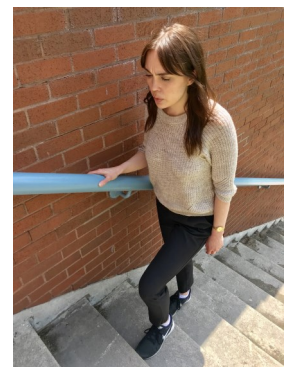
Using diaphragmatic and pursed lip breathing on the stairs will help you pace yourself as you take your steps. It will also focus your attention on using your main breathing muscle—your diaphragm—and less on the smaller muscles that help you breathe.

## How to do it:

- Hold onto a railing as needed.
- Gently breathe in through your nose.



- Breathe out slowly through pursed lips as you take a step or two.



- Pause to take another breath in and breathe out as you continue onto the next steps.

