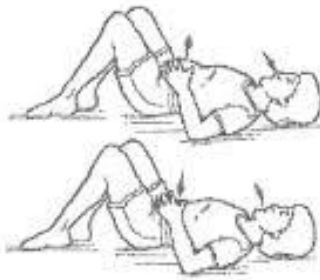


Diaphragmatic/Belly Breathing

- Purpose
 - Relaxation
 - Reduce strain on your neck and shoulders while breathing
 - Slow your breathing rate
 - Activate your inner core
- Place one hand on your belly just below the ribs and the other hand on your chest. You can do this while standing, but it may be more comfortable while you are lying on the floor with your knees bent.



- Take a deep breath through your nose. As you inhale, let your belly rise into your hand. Keep your chest from rising as if you have a book resting on it.
- As you exhale through pursed lips as though you were whistling, feel your hand go down. Take your time exhaling using a slow count of 7-10 in (inhale) and a slow count of 7-10 out (exhale).
- Repeat these steps 3 to 10 times. Take your time with each breath.



- Belly-breathing helps you engage your deep inner core muscles for improved core stability.
- Belly-breathing can be progressed to varying positions and activities to challenge your breathing.
 - Lying flat
 - Sitting
 - Quadruped position-on hands and knees
 - ½ kneeling position-kneeling down on 1 knee with the other knee out in front of you
 - Standing