



Title **Six-Steps To Better Breathing**

As trainers, we need to always keep a cool head and a calm mind. Just 5 minutes a day of breathing practice is a good investment of your time. It goes a long way in your health & happiness. Yogananda said, "learn to be calm and you'll be happy"

"Take a deep breath and calm down." If you've done it, you know a long, slow breath really does help. But can it do more than restore your composure?

Seems so. If done the right way, the simple act of breathing can help bring down your blood pressure (BP). Here's the six-step way to make it happen. (see below ↓)

6 Steps to Better Breathing

In a study, it took only 10 minutes of proper breathing technique daily to lower blood pressure considerably after 8 weeks. The people in the study used a high-tech, interactive audio program that guided their breathing with music. Here's the tech-free way to do your lungs -- and your Blood Pressure -- right.

1. Lie flat on the floor.
2. Take a deep, slow breath. Imagine your lungs filling up with air. (This should take about 5 seconds.)
3. As you breathe in, your belly button should be moving away from your spine -- the result of your diaphragm pulling air into your lungs
4. Toward the end of your inhalation, your chest also may expand.
5. When your lungs feel nice and full, exhale slowly. (This should take about 7 seconds.)
6. You should notice your belly button pulling toward your spine as you exhale.

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