

Top tips for staying in control of your breathing when exercising

1 Check your Breathing Pattern

Before you start, relax the shoulders and neck, close your mouth and breathe through your nose, down to your lower ribs/tummy.

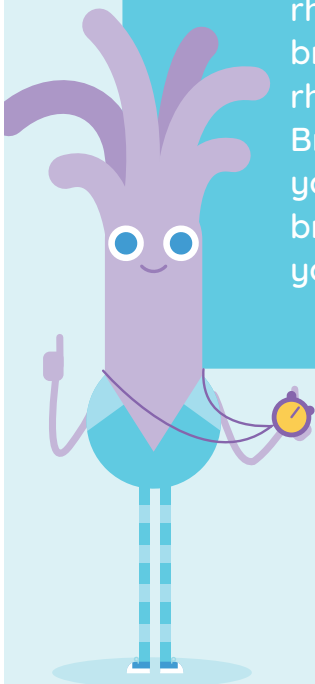
2 Warm Up Well

Make sure you do at least 10 minutes gradually building up speed and intensity. Try to keep breathing slowly through your nose



3 Keep Control

As the main exercise starts, keep a steady rhythm to your breathing - match the rhythm of your feet. Breathe IN through your nose & a slower breath OUT through your mouth



4 Score Your Breathing

Now score your breathing out of 10. 0 = easy, 10 = super hard. If you get to 7 or 8 think about slowing down or resting to catch your breath



REMEMBER

Take your preventer inhaler each day and your reliever inhaler before exercise if needed