



# JUST *breathe*

## HOW TO IMPROVE YOUR BREATHING

Taking in fresh air from the outdoors is truly one of the most incredible feelings. Breathing deeply and exhaling fully are important components of relaxation. Breathing properly can also lead to improved moods and a healthier heart. Mindfully inhaling and exhaling also increases lung capacity and provides better overall body function. Ready to improve your breathing?

1

Eating antioxidant-rich foods, like blueberries, spinach and broccoli, helps improve lung health.

2

4-7-8 breathing is a very useful technique to improve breathing. Inhale through your nose for 4 seconds, hold your breath for 7 seconds and breathe out through your mouth for 8 seconds.

3

Hit those high notes! Studies show that singing can improve lung function and capacity.

4

Meditation greatly improves breathing by calming the mind and body.

5

Practicing good posture increases lung capacity.

6

Frequent aerobic exercise, like walking, biking or swimming, can improve lung health and function.