

The Air Up There

No one can live for more than a few minutes without breathing, but many people are unaware of the importance of breathing properly. Bad breathing habits have caused most of us to use only a fraction of our potential respiratory capacity.

Proper breathing demands a three-part movement. First the diaphragm causes the abdomen to expand, filling the lower lungs. Secondly, the intercostals expand the rib-cage to allow air to fill in the middle lungs. And third, the chest lifts to bring air into the top portion of the lungs.

Most people breathe only using the top part of the lungs, and forget to bring the air all the way down into the abdominals. This doesn't allow for full gas exchange in the system, and find ourselves feeling less energized throughout the day.

This is why we get the feeling of being fully "awakened" after a good cardiovascular workout. It is because we have been forced to take deeper breathes than we normally do through out the day.

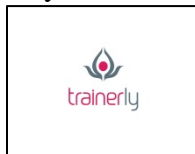
The physical benefits of proper breathing include; allowing the body to rid itself of noxious gaseous by-products of metabolism (especially carbon dioxide); provides sufficient oxygen for the correct and efficient functioning of every cell in the body.

So if you are feeling less energy during the day, take 3 minutes to follow this breathing exercise:

- Inhale through the nose, allowing the air to expand the lower abdominal area first;
- As you inhale, feel the air expanding into the middle of the chest, and rising up to the upper chest area.
- As you exhale, exhale from upper chest down to lower abdominals, squeezing out all the air through your nose once more. Repeat as needed.

Please review our business at: [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

Trainerly allows you to workout and exercise at home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a free class with me today.



Your suggestions appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

Do you know someone who might be interested in our products or services? [Click Here](#) to fill out our referral form and, as our way of saying thank you, you will receive \$15 off and of our products or services. We appreciate your support.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)

[Follow us on Google+](#)/[Pinterest](#)

(Hold down the Ctrl key & click the underlined words or logos)

Make sure to forward to friends and followers.



Connect with me at [Wizpert](#)