

Breathing Exercise for Trainers

Disclaimer: This relaxation technique is not a substitute for medical treatment or a solution for chronic conditions. It can make life easier, especially for trainers who work with many people and are always on the move. If you have any medical conditions or are not feeling well, please consult your healthcare provider. Use assistive technology if needed. The voice behind this exercise is Aleksandar Trudić, Balkan Idea Novi Sad.

Welcome to the Holistic Trainer project! Now, we will practice a universal relaxation breathing exercise that you can do anytime.

This exercise is called diaphragmatic deep breathing. It is very easy, and the benefits include muscle relaxation and better sleep.

I will go at my pace, but we will also do a slower version.

Before we begin, lie down to avoid sudden oxygen flow. Once you get used to it, you can perform this exercise in a sitting position as well.

So, let's start.

Lie on your bed and relax your whole body for 15 seconds, focusing on your stomach and breathing. Now, start counting to 5 as you breathe in and count to 5 as you breathe out. Let's do it together: 1, 2, 3, 4, 5; 1, 2, 3, 4, 5. You may notice a difference in my counting between breathing in and out, which is completely normal. You don't need to count out loud.

Great!

If it's too fast, we can slow down and count to 4. Let's do it together: 1, 2, 3, 4. And then breathe out.

Let's repeat with a count of 4: 1, 2, 3, 4. 1, 2, 3, 4.

Fantastic! Repeat as much as feels comfortable for you. You can start with just 5 breaths in and out, and when you feel ready, you can increase by one more repeat every other day. Currently, I'm doing it with 20-30 repeats, and it always results in yawning, which means it helped me relax, sleep easier, and achieve deeper oxygen flow.