



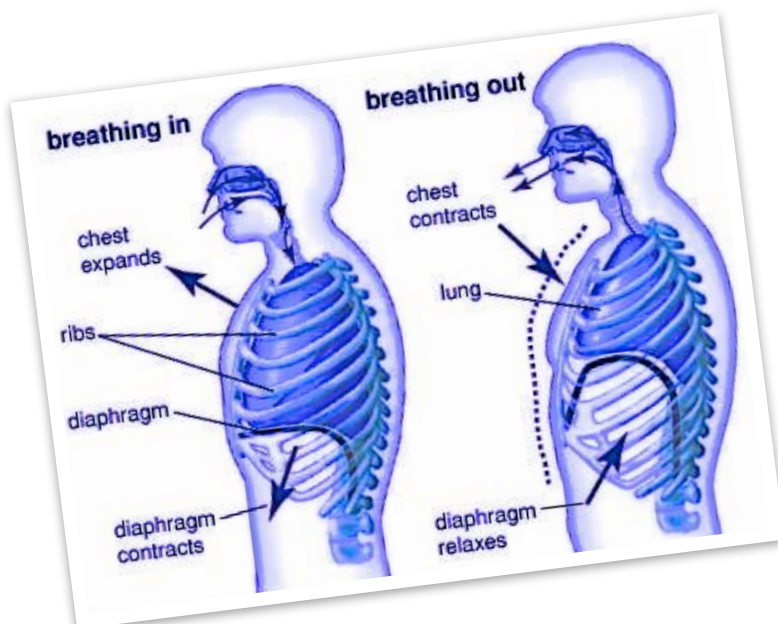
# Tip of the Week

Breathing fully to relax, energise and mobilise

*Week 5 of 52 – Breathing*

## Top Tip Number 5

Taking a full breath not only helps to oxygenate our cells and relax the body, it also mobilises the joints of the spine, the ribs and the sternum (breast bone). The joints in the shoulder girdle and pelvic girdle also move slightly when we take a full breath helping to prevent tension building. Many of us forget to breath fully due to stressful, busy lives. Taking as little as one minute of time to take 4 or 5 full, deep breaths can make a real difference to your energy levels, help stress reduction and keep your joints moving.



## Simple Breathing exercise:-

- Get comfortable (sit, lie, stand)
- Place your hands on your side ribs.
- Breath in and focus on the side ribs expanding more than the chest rising.
- Make the out breath longer than the in breath.
- Breath in through the nose and out through the mouth.
- Repeat for 10 breaths.
- Release tension with each out breath.
- Repeat frequently throughout your day.

**Leiza Alpass MSc DC Chiropractor**  
**Now available @ Clifton College Sports & Leisure Ground**