

SECTION C – Live Like You’re A Professional

Module 16: Breathing: What We’ve Been Doing Wrong All This Time

What if everything you knew about breathing was wrong?

I realize this is a crazy concept but I’ve personally corrected my breathing over the last 2 years and it has made some incredible changes to my general health and sports performance.

If you are currently breathing inefficiently, learning to breath correctly during your daily life, training, and performance can:

- Increase energy levels
- Improve stamina (without doing fitness training)
- Lower heart rate and blood pressure
- Increase recovery during and after matches
- Increase calmness and composure
- Produce better sleep quality (which leads to better recovery)
- Improve overall match performance

What are the principles we are going to use?

1) Nasal Breathing

You should always be breathing through your nose. The nose has been designed to improve the absorption of oxygen and act as a filter against harmful pollutants / toxins found in the air. The only time your mouth should be open is when you are talking or eating.

Practice nasal breathing throughout your daily life, while training / playing, and during sleep. In the beginning this will feel awkward and isn’t always possible during intense period of play but whenever possible, breathe through your nose.

2) Breath Holds

Throughout this program we will use breath hold exercises to increase our stamina and ability to recover faster without actually doing fitness training or running.

To perform the basic breathe hold exercise while walking:

- i. Exhale through your nose.*
- ii. Cover your nose.*
- iii. Count your steps.*
- iv. Hold your breath until you have a need for air.*
- v. Progress the amount of steps you take over time.*

3) Breathe Light (NOT DEEP)

The best breath is one you cannot see.

If you look at someone in great shape, their breathing is calm, silent, and soft. Compared to someone who is in poor shape, their breathing is erratic, loud, and heavy.

We've been told to take deep breaths to calm ourselves or to recover faster. However, this isn't the correct information. Instead of breathing deeper we actually want to focus on breathing lighter.

Calming your breath, making it softer, reducing the amount of oxygen your body needs to operate. Efficient bodies use less oxygen to produce work. Inefficient bodies require more oxygen to produce the same amount of work.

During daily life, training, moments of recovery or needed composure – focus on lightening your breath. Breathe light to breathe right.

How are we going to implement these principles?

1) Practice proper nasal breathing technique

- i. *Close your mouth.*
- ii. *Set your jaw (bottom and top teeth touching).*
- iii. *Nasal breathe (light and calm).*

2) Catch Yourself & Change Habit

Now that you are aware of how to breathe properly you will catch yourself multiple times throughout the day, breathing through your mouth.

The more you catch yourself and immediately change the habit. The quicker you will convert from a mouth breather to a nose breather.

3) Breath Awareness When Playing

You will not always be able to breathe through your nose when playing. Obviously there are times when you are lost in the moment. Dribbling through players, battling for possession, slide tackling, etc.

Whenever possible become aware of your breath during play, especially during moments of recovery.

Instead of panting with your mouth open focus on nasal breathing, calming your breathe, and attempting to recover as quickly as possible.

**When you first transition from mouth breathing to nasal breathing, it will feel awkward. You may even feel that you are not being as efficient with your breathing. This is normal.*

With every change comes resistance. Remain focused on the long-term benefits, keep practicing, change the habit, and overtime you will start to realize the incredible benefits of proper breathing.

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FOREWORD BY DR. JOSEPH MERCOLA
READ BY ALAN SMYTH

BREATHING

① NASAL BREATHING

Ⓐ MOUTH CLOSED
JAW SET
LIGHT NOSE

② BREATHE HOLDS

Ⓑ CATCH YOURSELF!

Ⓒ CONTROL DURING PLAY

③ BREATHING LIGHT

~~NOT DEEP~~