

Empower Minds.  
Strengthen Bodies.  
Inspire Creativity.

### PURSED LIP BREATHING

Chronic Obstructive Pulmonary Disease (COPD) and other lung diseases can cause airways to collapse when you breathe out (exhale), trapping stale air. This leaves less room in your lungs for fresh air to enter and when this happens you are likely to feel short of breath. Exhaling through pursed lips produces a back pressure which allows more air to be exhaled.

Follow the steps below to practice pursed lip breathing so you will know what to do next time you become short of breath.

- Breathe in or inhale through your nose (mouth closed) at a normal rate and depth. Feel your lungs fill with air.
- Purse your lips together as if you are going to whistle or play a flute.
- Breathe out of exhale slowly and gently through your mouth, keeping your lips pursed.

The time it takes to exhale should be 2 to 3 times longer than the time it takes to inhale (for example: 2 seconds in, 4 seconds out). Do not force air out. Adjust your breathing rhythm and the amount you purse your lips to increase your comfort.

- Inhale when extending or straightening the trunk, lifting arms up, or moving the arms away from the body. Inhale through your nose whenever possible.
- Exhale when flexing or bending the trunk, when bringing the arms towards the body or doing any straining or heavy exertion. Exhale through pursed lips whenever possible.
- Never hold your breath during straining or heavy exertion or vigorous arm work.

