



BREATHE DEEP FOR A STRONG CORE: PART I

Diaphragmatic Breathing is the Foundation of Core Stability

A weak diaphragm = a weak core!

The diaphragm is the most important core muscle!

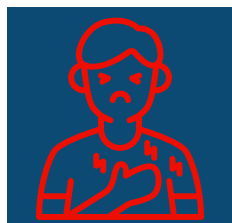
Diaphragmatic breathing is fundamental to core stability. Without control of the diaphragm, the remaining core musculature can never be maximally stable.

This is important because it is estimated that 10% of the population suffers from dysfunctional (irregular) breathing patterns; these percentages jump to 30% among asthma sufferers and 83% in those suffering from anxiety.

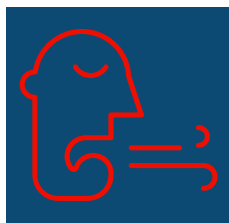
Irregular breathers suffer from not only a weak core, but breathlessness, cognitive difficulties, dizziness, palpitations, headaches, stomach aches and muscle pain. Breathing must be normalized to reduce these symptoms and strengthen the core.

The diaphragm works with the deep "inner unit" muscles to brace vulnerable spinal structures to allow the superficial "outer unit" muscles to walk, bend, turn, twist, squat, lunge, reach and lift without pain and injury. **Practice diaphragmatic breathing to feel and perform better.**

Signs of Dysfunctional (irregular) Breathing



Chest Breathing
Breathing starts in the chest, not belly



Mouth Breathing
Breathing with the mouth, not the nose



Poor Posture
Forward head and rounded back



Frequent Sighing
Normalizes Co2, and inhalation



Rapid Breathing
Resting rate above 12-14 breaths/min.