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# BREATHING EXERCISES

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## BREATH CONTROL EXERCISE

**INHALE:**

5 Seconds

10 Seconds

15 Seconds

20 Seconds

25 Seconds

30 Seconds

**EXHALE:**

5 Seconds

10 Seconds

15 Seconds

20 Seconds

25 Seconds

30 Seconds

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**Rest after each exercise. If increasing by 5 seconds is too much, try increasing by 2 seconds, or even one second.**

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## LUNG CAPACITY EXERCISE

**While walking:****INHALE:**

5 Steps

10 Steps

15 Steps

20 Steps

**EXHALE:**

5 Steps

10 Steps

15 Steps

20 Steps