

Breathe

Layer
Significant Change





Breathe - a Lean Life Skill

*“Sometimes the most important thing in the whole day
Is the rest we take between two deep breaths.” ~ Etty Hillesum*

Did you know that our lungs are the primary excretory organ for fat? 10kgs of fat turns into 8.4kgs of carbon dioxide, which we exhale.

The lungs are responsible for 84% of fat disposal, with the remainder being released through our urine, tears and sweat. So it makes sense that to release weight, we need to Breathe, yet this simple, necessary function is often left to chance, and not something we do nearly well enough. Many only breathe into the top part of their chest, which exacerbates anxiety (even if we don't feel anxious, shallow breath is a physiological type of anxiousness). Anxiety increases stress hormones, and when we're stressed the majority of people can't release weight.

Breath Exercise:

We use a very simple breathing exercise that is both easy to do and remember. When doing the exercise, place your hand on your belly, below your belly button, and draw the breath down inside your hips.

Visualise the three sides of the triangle on your Ideal Weight Focus Band to remember the three stages of the breath during this exercise.

Start on the right side of the triangle, and as your eyes travel the length of that side, breathe in through your nostrils for a count of FOUR.

In, 2, 3, 4

Then on the base, hold for a count of FOUR.

Hold, 2, 3, 4

Then, with your eyes travelling the left side of the triangle, breathe out through your mouth for a count of FOUR.

Out, 2, 3, 4

NB* if you have high blood pressure don't use the HOLD, instead just breathe in and out to a count of four.

Variations on this breath:

1. Cover your right nostril, breathing in and out through the left nostril (relaxing)
2. Cover your left nostril breathing in and out through the right nostril (invigorating)
3. Alternate nostril breathing, by covering first one nostril on the in-and out-breath, and then the other on the next in and out-breath (balancing)

Deep breaths
are like little
❤️ love notes
for your
body

Anonymous