



KEEP CALM AND BREATHE ON

BY MAC JUVETTE, LAT, ATC

We've all heard the phrase: "Common sense ain't so common." Often, it's the most basic things that are the most misunderstood and or misapplied. Breathing is a prime example. It's one of the most important tools we have to reinforce our health, yet it's often overlooked.

Amazingly, the simple act of respiration creates the blueprint for so many aspects of well-being: alignment and posture, muscular performance and recovery, even mental resilience. Breathing and proper lifting posture aren't just related. They're inseparable.

TIME IT!

So how exactly should we breathe? Research suggests we follow the same technique used by weightlifters: exhale during the exertion phase (when lifting the object) and inhale during the easier phase (such as lowering the object or resetting our stance). This rhythm helps stabilize the

spine and reduces injury risk by increasing intra-abdominal pressure.

Additionally, inhaling through our nose and exhaling through our mouth further boosts performance by delivering more oxygen to our muscles and clearing out waste products like lactate and CO₂, aiding in muscle performance and recovery.



TRAIN IT!

Incorporating intentional breathing techniques before and after physical activity (such as a gym workout or even your work shift!) can offer a true breath of fresh air, boosting muscle recovery, postural alignment, and mental well-being. One of the most effective methods is diaphragmatic breathing, also known as belly breathing. This breathing strategy is an incredible asset for restoring posture and increasing recovery.



Diaphragmatic Breathing

- Sit or lie down in a comfortable position.
- Place one hand on your chest and the other on your abdomen.
- Inhale slowly through your nose, allowing your abdomen to expand, causing your hand to rise.
- Hold your breath for a few seconds.
- Exhale slowly through your mouth, allowing your abdomen to contract.
- Repeat for several minutes.



PREVENTION FAVORS THE PREPARED

Bringing breath awareness into our daily physical routines is like driving a well-tuned car with a clean air filter. Everything runs smoother, more efficiently, and with less strain.

On the other hand, neglecting proper breathing is like running that same car with a clogged filter and poor alignment. Performance suffers and breakdowns are more likely. The takeaway? Keep calm and breathe on!



Mac Juvette, LAT, ATC || Mac's passion is people and his philosophy: *I am to continually evolve both as a person and effector of positive change.* He's been an athletic trainer for 13 years, 9 of which have been in the industrial setting. Mac also enjoys picking up new skills and subjects along with camping in the great outdoors, working on cars, and playing sports.

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