

Just Breathe

(CARLSBAD, CA) – Breathing. It's the simplest of all life functions. It's a natural, unlearned, automatic action. We can do it on autopilot. Nobody really needs to learn how to breathe. Yet, the way that we breathe can actually make a big difference when it comes to fitness.

Judi Sheppard Missett, founder and CEO of Jazzercise, Inc., shares that the proper use of breath during an exercise regimen can help you to work longer and harder, creating better results! Here's what Missett suggests for using proper breath during your workout:

- **Never hold your breath during exercise.** Holding your breath increases your blood pressure and reduces blood flow to your muscles that need oxygen to perform.
- **Exhale on the exertion.** Breathe out on the difficult part of the exercise. For example, if you are doing abdominal crunches, then exhale as you lift the trunk. The exhalation of breath will help to power your movement.
- **Get a rhythm.** Once you get into your workout, keep a regular breathing pattern and pace. A steady rhythm of breath will give your body the oxygen that it needs to complete the exercise. However, if you don't breathe consistently, you may find yourself with a side stitch, particularly during cardiovascular exercise.
- **Check-in with your breath.** Your breath is a good gauge to determine if you are working too hard or not hard enough. If you find yourself gasping for air, then you need to tone-down your workout. On the other hand, if you're able to effortlessly belt-out every note in sync with your mp3 player, then you need to ramp-up your exercise intensity.
- **Focus on your breath.** One advantage to focused breathing is that it creates a distraction. Forget the fact that you have three more minutes of overhead presses to finish and concentrate on your breathing pattern instead. As you focus on your inhales and exhales, you may be able to push yourself a little further.
- **Just breathe.** In the end, the most important tip is to just breathe, period. Breathing will enable you to get more out of your workout. Exercise will seem difficult if you fail to breathe properly, but with careful attention to your breath, your workout goals will become more attainable. You'll be more likely to stick with your exercise regimen and gain results if you just breathe.

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance-fitness program with more than 7,500 instructors teaching 32,000 classes weekly in the U.S. and around the globe. Since 1969, millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. For more information on Jazzercise go to jazzercise.com or call (800)FIT-IS-IT or (760)476-1750.

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