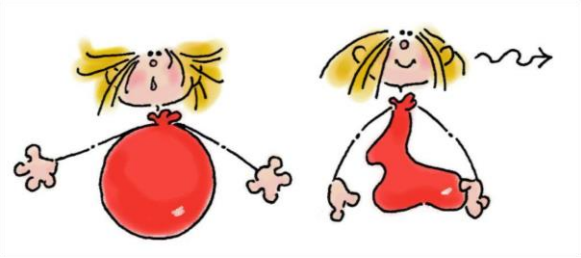
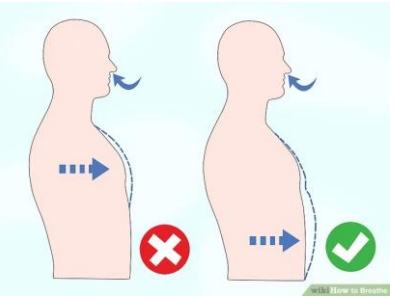
Breathing Exercise Challenge



Breathe in Breathe out

Things to consider:

- Correct posture – Stand straight, Feet apart, Shoulders relaxed
- When you breathe in – do not move your shoulders! Your tummy should expand
- Breathing out – push your tummy muscles in to activate your diaphragm



Date										
Time achieved | Target (sss)										

Date										
Time achieved | Target (played)										

Date										
Time achieved | Target (played)										