

4 Questions: Is your breathing slowing your athletic performance?

01

What holds you back at maximum effort?
Is it your muscles or your breathing?

85% of the athletes I've surveyed say it's their breathing.

Do you become breathless during exercise?

02

Being gassed is the number one reason athletes come to me for help.

03

Do you experience asthma-like symptoms during exercise, frequent colds, have allergies and/or struggle with sleep quality?

Dozens of common health issues occur as a result of breathing pattern disorders, which can be addressed.

When you exercise, do you breathe through the mouth?

04

Mouth breathing slows an athlete down. Nose breathing prepares air for the lungs and improves oxygen uptake.



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