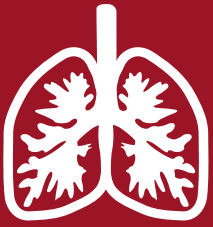


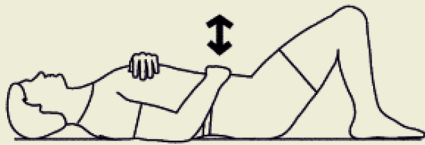
Staying Active With COVID-19



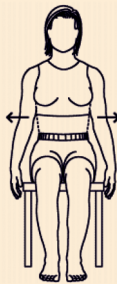
BREATHING EXERCISES

It is important to keep your lungs healthy because the virus can move down your respiratory tract and enter your lungs making it difficult to breathe.

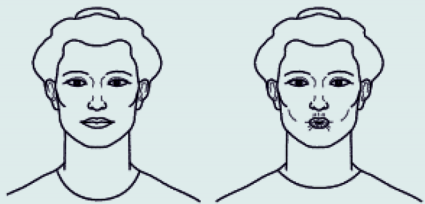
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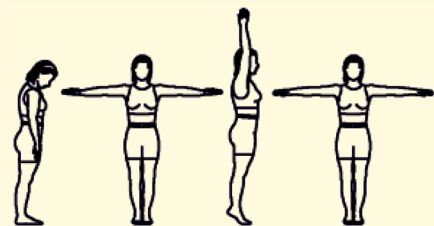
2



3



4



1. DEEP BREATHING

- Lie on your back
- Place your right hand on your abdomen and your left hand on your mid-chest
- Breathe in slowly and deeply through your nose. Your abdomen should rise but your chest should remain still.
- * Breathe out slowly through your mouth

Breathe 10 times, 3 times per day

2. LOWER RIB BREATHING

- Sit tall in a chair with your arms at your sides
- Breathe in and focus on only expanding the bottom portion of your rib cage
- Exhale and repeat
- * Remember to keep your shoulders relaxed

Breathe 10 times, 3 times per day

3. PURSED LIP BREATHING

- Sit in a comfortable position
- Breathe in slowly and deeply through your nose
- Purse your lips and exhale. (Exhaling should be relaxed – no abdominal muscle tightening)

Breathe 10 times, 3 times per day

4. WINDMILL BREATHING

- Stand with your heels and toes together
- Exhale and let your body relax as shown
- Begin breathing in while lifting your arms out to the side and up. Keep your palms facing upward.
- Continue inhaling until your arms are overhead and you rise up on your toes.
- Stand with your heels and toes together

Breathe 10 times, 3 times per day

Please contact your medical provider if these exercises worsen or prolong your symptoms & before beginning more rigorous exercise.

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