

STATE OF MIND & BODY ↔ STATE OF BREATH

BREATH, SPORTS, Q&A



 WERKATLEET

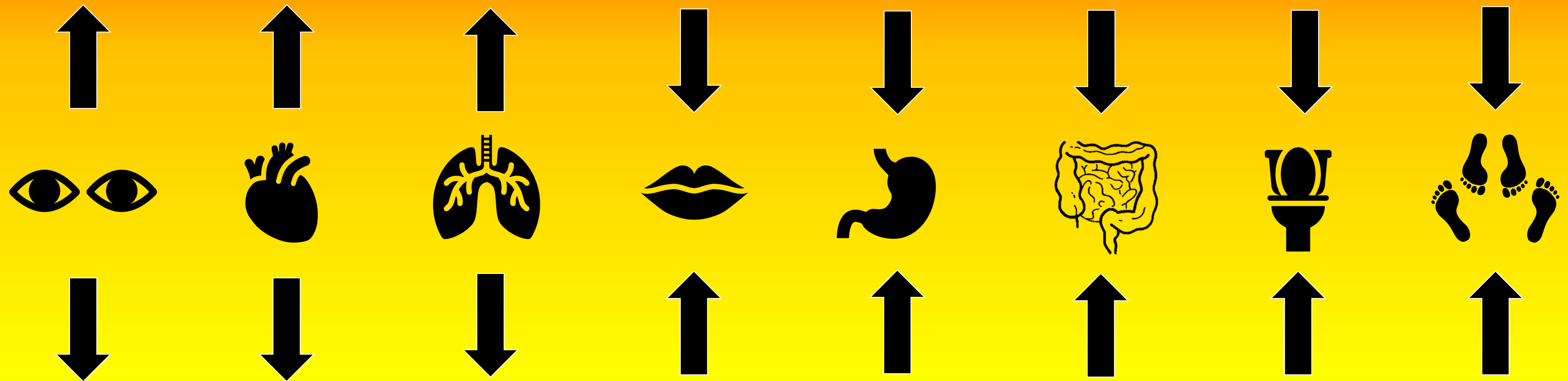
PHYSICAL BENEFITS

Increase your bodies capacity to perform and recover

- Connect to your body
- Boost strength in the moment
- Build endurance without training longer
- Produce more energy during the day
- Recover quickly after sports
- Recover quicker from injuries
- Boost anti-inflammation chemicals



Action: Fight, Flight / Sympathetic / Outside the cave / Mobilize



Relax: Rest & Digest / Parasympathetic / In the cave / Social safety

Action: Fight, Flight / Sympathetic / Outside the cave / Mobilize

mouth / fast / chest

nose / slow / belly

Relax: Rest & Digest / Parasympathetic / In the cave / Social safety

BREATHING GEARS

5: inhale + exhale through mouth (focus on inhale)

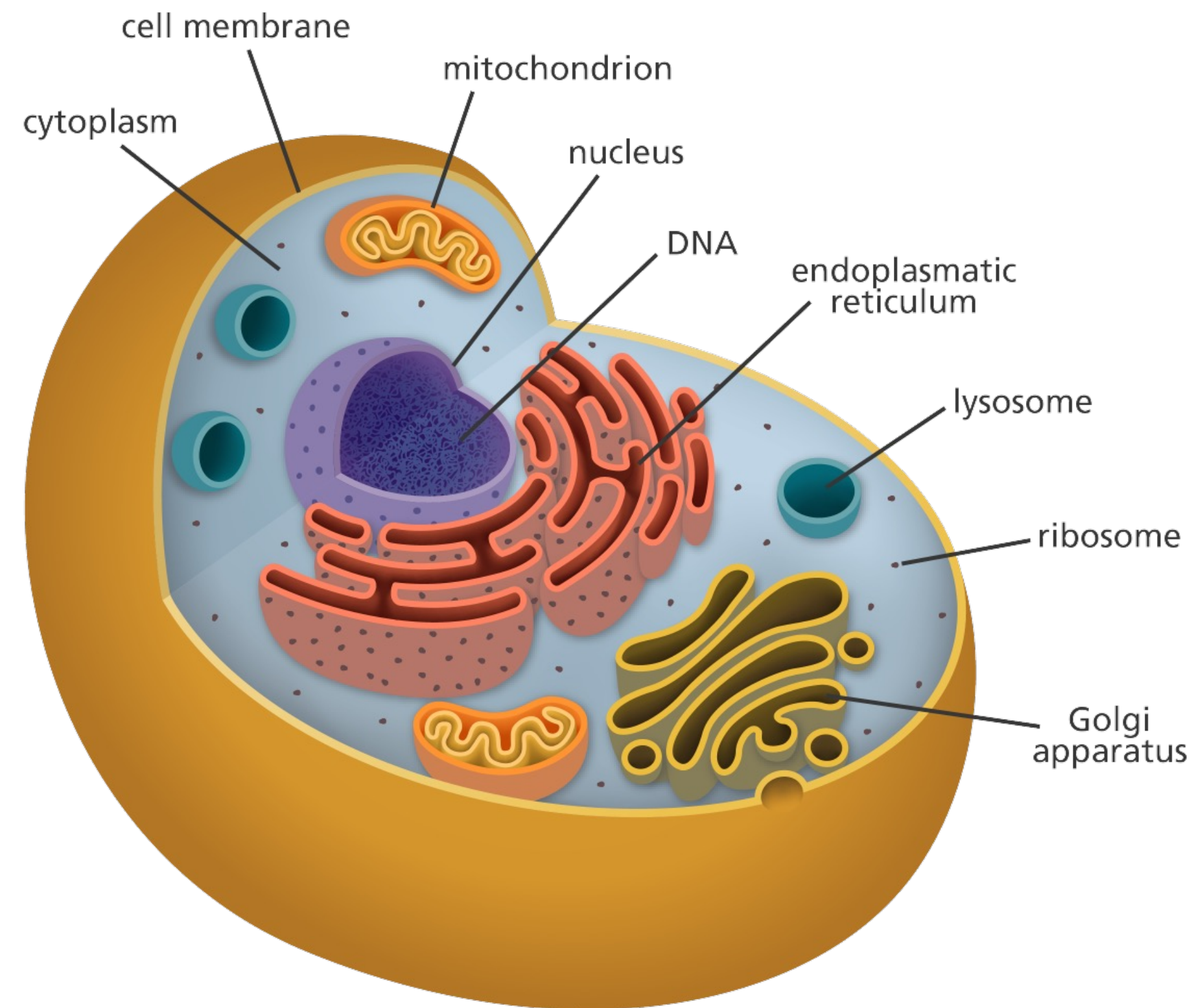
4: inhale + exhale through mouth (focus on exhale)

3: inhale nose + exhale mouth

2: inhale + exhale through nose (guided)

1: inhale + exhale through nose (naturally)

THE LESS YOU BREATHE = THE MORE EFFICIENT YOUR BODY PERFORMS



CO₂ tolerance

Ability to remain a calm state and slow breathing under a high amount of CO₂

Result

= higher CO₂ in blood
= more O₂ uptake
= more energy production

How

- Hypoxia training with bag
- Nose breathing while doing cardio
- Increase mitochondria in muscle tissue

**BREATHE FOR THE PERFORMANCE
YOU WANT TO DELIVER**



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**BREATHE FOR THE PERFORMANCE
YOU WANT TO DELIVER**



3

4

4



BREATH HACKS

Breathe for the performance you want

Nose breathe for more efficient training

Train breathing less (frequency & depth) =
increased CO₂ tolerance

Box breathe for quick recovery





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THANK YOU!