

Are your Clients Breathing Properly?

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Exercise can be unpleasant, especially when you aren't accustomed to regular activity. If your clients frequently complain about chest pain or shortness of breath, it might be wise to coach them on how to breathe properly during exercise. It might be a surprise to them to hear that they are breathing wrong, but counting breaths can reduce pain and offer a great distraction to the regular aches and pains of working out.

Many people forget to breathe during heavy exercise, or don't take in enough air when they begin to push themselves. Without the necessary amounts of oxygen, they can become lightheaded or ill, only making the workout worse for themselves. Taking shallow breaths, breathing too hard, and even breathing at the wrong time can put stress on your body, so it's important to monitor every breath you take.

Different kinds of exercise can require different breathwork, so talk things over with your clients and find the method that fits what they're doing.

For stretching, it is important to take long, slow breaths to calm yourself and get your lungs ready for a workout. Make sure your clients completely empty and refill their lungs 3-5 times during each stretch, with pauses in between inhalation and exhalation. This method fully relaxes your body while also stretching your lungs, making it easier to breathe and leaving you rejuvenated.

Breathing during cardio training is completely different. Cardio can be an intense workout for even the fittest person, so it's important to get enough oxygen. Diaphragm breathing is necessary here, so advise your clients to breathe into their lower lungs, down near their stomach. This expands your lungs to full size, and sends extra oxygen into your blood. Whether they breathe through their nose or mouth doesn't matter, but a steady pace is advised.

Weight training requires a completely different type of breathing. It can be harmful to let your clients hold their breath too long during reps, so reminding them to breathe is important. The simplest method for breathing is to breathe in on the way down, and breathe out on the way up.

A healthy workout shouldn't cause severe pain or discomfort. In most cases, the majority of beginners' issues lie in how they breathe, so be sure to cover the necessary breath exercises with your clients before beginning any serious workouts and will reduce your risk of a lawsuit.

Should a lawsuit occur, [trainer insurance](#) should be in place to protect you and pay for defense costs.