

Bottle blowing

Blowing into water provides resistance to exhalation, which changes the pressure in the lungs. The exercise moves your respiratory muscles and relaxes them.

You need a big plastic bottle for the exercise. Fill about three quarters of the bottle with water. You also need a tube or drinking straw.

Place the supplies on a table and sit down. Sit at the table in an upright position, the soles of your feet flat against the floor.

Place one end of the tube or straw in the water a few centimetres below the water surface and the other end in your mouth. Breathe in through your nose, fill half of your lungs with air – and blow out through your mouth.

Your exhale should be about 2–3 times longer than your inhale. Your lungs should not fill or empty completely at any point during the exercise.

You may feel anxious at the start of the exercise. You can breathe normally at your own pace between the blows and then continue the exercise.

Perform the exercise once a day for a week, blowing ten times each time.

You can switch to pursed lip breathing after a week of blowing into the bottle.

YouTube video of the exercise

<https://www.youtube.com/watch?v=b8ttrFJTqTs>



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