

**10<sup>th</sup> Grade Physical Education:**

April 27 – May 1

*Time Allotment: 30 minutes per day*

Student Name: \_\_\_\_\_

Teacher Name: *Ms. Carstens*

## Packet Overview

| Date                   | Objective(s)  | Page # |
|------------------------|---|--------|
| Tuesday,<br>April 28   | 1. Perform each movement in a workout with proper form.<br>2. Identify proper breathing techniques for physical activity.<br>3. Record your daily breathing technique.            | 2      |
| Wednesday,<br>April 29 | 1. Perform each movement in a workout with proper form.<br>2. Identify breathing techniques to promote better sleep.<br>3. Record your daily breathing technique.                 | 7      |
| Thursday,<br>April 30  | 1. Perform each movement in a workout with proper form.<br>2. Identify breathing techniques to reduce stress and promote relaxation.<br>3. Record your daily breathing technique. | 12     |

**Additional Notes:** Hello, my dear PE students! I miss y'all and hope you all are well and staying healthy! Below are some routine weekly reminders.

- **Read through all of the day's lesson and instructions BEFORE you begin.**
- Have a **timer/stopwatch/clock** available!
- If you're **unsure of a movement or task or need modifications, email me!**
- **Stay hydrated!**
- After each lesson, **initial and have your parent/guardian initial the Academic Integrity statements.**
- **Track your goals!** Don't forget to hold yourself to high standards!

If you have questions, email me! [Kelly.Carstens@GreatHeartsNorthernOaks.org](mailto:Kelly.Carstens@GreatHeartsNorthernOaks.org)

### Academic Honesty

I certify that I completed this assignment independently in accordance with the GHNO Academy Honor Code.

*Student signature:*

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I certify that my student completed this assignment independently in accordance with the GHNO Academy Honor Code.

*Parent signature:*

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**Unit Introduction:**

The **average person breathes about 16 times per minute**. That equals approximately **960 times in one hour**, and furthermore, **about 23,000 times per day**. Breathing is a vital part of our everyday life. It **provides oxygen to our lungs** which transfer it through our blood to cells for a use in a number of life functions such as metabolizing fat and carbohydrates, repairing cells, supporting a healthy immune system, and maintaining vision. Breathing also allows for the **removal of carbon dioxide** and other gaseous waste from our body. With a life function *that* significant, it is important to ask ourselves the following questions about this routine and most-often, overlooked action:

- ✓ **When I breathe, am I breathing efficiently?**
- ✓ **How do breathing techniques benefit me?**

In this week's enrichment unit, **we will be exploring breathing posture, breathing during exercise, and breathing for relaxation and better sleep**. Now, take a breath, and let's begin!

**I. Tuesday, April 28**

Daily Fitness Lesson: Week of 3-30, Day 1 Revisit

Reflection: Breathing During Exercise

**Socratic Guiding Questions:** Keep this in mind as you study!

How does proper breathing affect my exercise capability?

**Objectives:** Be able to do this by the end of this lesson.

1. Perform each movement with proper form.
2. Identify and self-correct proper breathing during exercise.

**Lesson Introduction:**

Lesson 1 this week **will begin with the ENRICHMENT article. Read and annotate the article found on pp. 2 – 3.** Practice the breathing technique you learn about in the article. **Your Enrichment response will take place AFTER the workout. Pay attention to your breathing!**

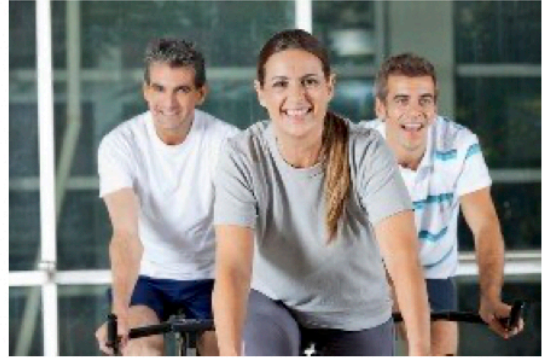
Today we will be focusing on a whole-body workout. **You will be performing a sequence of 4 exercises and will complete 4 rounds of this sequence. Keep track of how long it takes you to complete the four rounds.** Push yourself but be aware of your heart rate. If you need to rest, take no more than about 10-15 seconds at a time, and then move right back into the workout. Remember to **breathe properly, use controlled movements, and focus on proper form.** The workout should take you between 12-15 minutes. **Immediately after the end of the workout, don't forget to record your heart rate in the Daily Activity Log.**

## Proper Breathing During Exercise

 [summitmedicalgroup.com/news/fitness/proper-breathing-during-exercise](https://summitmedicalgroup.com/news/fitness/proper-breathing-during-exercise)

Whether you enjoy walking, running, swimming, cycling, or resistance training, proper breathing is important for exercising safely, comfortably, and effectively.

That's because taking in regular, deep breaths promotes the transfer of oxygen that powers the muscles, and pushing out regular, deep breaths eliminates waste gases such as carbon dioxide.



Although breathing at rest or during exercise is instinctive, there are breathing techniques that can increase the amount of time you are comfortable exercising (your endurance) as well as improve the quality of your workout.

### Proper Breathing During Exercise

The most important technique for breathing during exercise is to use the muscle that extends across the bottom of the chest cavity (the diaphragm). Breathing from the diaphragm instead of the chest (where you breathe when you are not exercising) will allow you to get deep, full breaths that fill your lungs with air and oxygen that your body needs for exercise.

To know if you are breathing properly from the diaphragm, place your hands on your lower ribs. As you breathe in, you will feel your ribs rise. As you breathe out, you will feel your ribs fall.

### General tips for breathing properly during exercise include:

- **Relaxing your muscles and mind**
- **Being aware of your posture and body as you warm up**
  - Stand up straight or position yourself to breathe from the diaphragm
  - Relax and open your chest
  - Lift your chin
  - Breathe in and breathe out evenly and deeply
- **Breathing through the mouth or nose at even intervals when engaging in cardiovascular exercise such as walking, running, cycling, or swimming**
  - Make each breath you take in equal to each breath you push out

- **Breathing out when you resist (or lift) weight and inhaling as you relax into starting position**  
Taking deep breaths in can help stabilize muscles of your abdomen, back, and sides (core muscles) and protect your spine during exertion
- **Not holding your breath**  
Adjust your breathing or speed/intensity so that you may breathe in and out at a rate that matches your exercise pace
- **Keeping a rhythm**
  - Counting breaths in and out
  - Using your steps, cycling rotations, or another rhythm in your movement to help guide your breathing rhythm
  - Listening to music that aligns your breathing and exercise rhythm
- **Slowing your exercise pace if you cannot catch your breath**  
Stand up straight with your hands over your head and breathe in and out deeply and evenly until your breathing rate returns to normal
- **Adding yoga to your workout routine to learn mindful breathing techniques** (pranayama) you can use in your cardiovascular and weight training workouts
- **Focusing on maintaining slow, even, and deep breaths** until your breathing returns to normal as you cool down after your workout

**Benefits of breathing properly during exercise include:**

- Exercising more comfortably, safely, and for longer periods
- Preventing injuries such as hernias, spikes in blood pressure/strain on blood vessels, and back pain
- Increasing blood flow throughout the body
- Increasing your ability to relax
- Helping you let go of distractions and stay focused on your exercise

If you are just starting back to exercise or if you are exercising for the first time, you may find that it's difficult to control your breathing. But the good news is that heart and lung (cardiovascular) fitness improves quickly if you continue exercising regularly, and soon you will develop breathing patterns that are second nature to your activity!

**Source:**

“Proper Breathing During Exercise.” *Summitmedicalgroup.Com*, 2020,

[www.summitmedicalgroup.com/news/fitness/proper-breathing-during-exercise/](http://www.summitmedicalgroup.com/news/fitness/proper-breathing-during-exercise/). Accessed 21 Apr. 2020.

**PART 1: DAILY FITNESS:**

**Warm-Up (4 minutes):**

- ✓ Jog in place (30 seconds)
- ✓ Skip in place (30 seconds)
- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ Ankle Scoops (30 seconds)
- ✓ Zombie Walks in place (30 seconds)
- ✓ Jumping Jacks (15 jacks)

**Workout Sequence:**

- **5 – Push-ups**
  - **10 – Double-Leg Raises** – *Lay on your back with your hands to your side or flat under your hips. Keeping both legs straight lift them off of the ground up to a 90° angle with the floor lower them. Repeat nine times.*
  - **5 – Burpees** – *NOTE: Remember, you do know have to do a controlled push-up in this movement—it’s about getting to the floor and back up quickly.*
  - **15 – Squats** – *NOTE: Remember to feel the bend in your hips (not your waist), your hips should not sink below your knees*
- ✓ **TARGET HEART RATE CHECK! After completing the workout, take your pulse for 1 minute. Record your heart rate in the Daily Activity Log below.**

**Cool Down (3 minutes)**

For your cool down, remember to keep moving!

- Flamingo walk (30 seconds)
- High Knees walk (30 seconds)
- Superman (15-30 seconds)
- Arm Circles (30 seconds) – *small circles gradually building to large circles*

| <b>Daily Activity Log</b>   |   |
|---|---|
| <p><b>Post-Workout Heart Rate:</b> _____</p> <p><b>In your Target Heart Rate zone?</b><br/>Yes / No</p> | <p>Notes (modifications, struggles, etc.):</p> <p><i>Question: How do you think your completion of this workout compares to your first workout?</i></p> |

**Academic Integrity**

I certify that I completed today’s physical fitness portion of this lesson in its entirety to the best of my ability.

*Student initials:*

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I certify that my student completed today’s physical fitness portion of this lesson in its entirety to the best of his/her ability.

*Parent initials:*

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**PART 2: ENRICHMENT**

**Based on the reading and your observations during the workout, answer the questions below.**

1. Identify the most important technique for breathing during exercise. Why is this most important?

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2. From the general tips for breathing during exercise, choose 2 that you would like to set a goal to implement for yourself.

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3. Describe your breathing during your workout today. Did you take deeper (diaphragm) breaths or shallow (shoulder) breaths? Did you breathe in a rhythm or was it gasping breath? List one struggle you had with breathing and one way you plan to combat it!

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## II. Wednesday, April 29

Daily Fitness Lesson: Isometric

Reflection: Better Breathing for Better Sleep

**Lesson 2 Socratic Guiding Question:** Keep this question in mind as you study!

How can breathing techniques help me sleep?

**Objectives:** Be able to do this by the end of this lesson.

1. Perform each movement in a workout with proper form.
2. Identify breathing techniques to promote better sleep.
3. Record your daily breathing technique.

### **Introduction:**

Today's lesson **focuses on isolating muscle groups in controlled movement and holds**. By isolating your muscle groups, it **promotes endurance and breathing awareness**. Remember the tips from yesterday's Enrichment and **focus on breathing during your workout**. (*Also remember your form!*)

### **PART 1: DAILY FITNESS:**

#### **Warm-Up (4 minutes)**

- ✓ Jog in place (30 seconds)
- ✓ Skip in place (30 seconds)
- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ Ankle Scoops (30 seconds)
- ✓ Zombie Walks in place (30 seconds)
- ✓ Jumping Jacks (10 jacks)

#### **Daily Fitness (12-15 minutes)**

Today we will be focusing on an isometric workout. **You will be performing a sequence of 4 exercises for 1 minute each (5 seconds or less to transition to the next movement. You will complete 4 rounds of this sequence, for a total of 16 minutes.** Push yourself but be aware of your target heart rate. If you need to rest, take no more than about 5-10 seconds at a time, and then move right back into the workout. Remember to **breathe properly, use controlled movements, and focus on proper form.**



**Workout Sequence:**

- **Plank** – *You may modify this to a push-up position, if needed. Keep your back straight! No arches!*
- **Leg Raise** – *Lay flat on your back, with your hands to flat on the floor to your side or under your hips. Lift both legs, straight off the ground, no higher than 10-12 inches from the ground. Hold.*
- **Superman** – *Remember, hands and arms straight forward in front of you, legs straight and feet only about 6-8 inches from the ground.*
- **Wall Sit** – *Sit against the wall with your knees at a 90-degree angle. Keep your hands off of your knees.*

✓ **TARGET HEART RATE CHECK!** Take your pulse for 1 minute. Record your heart rate in the Daily Activity Log below.

**Cool Down (3 minutes)**

For your cool down, remember to keep moving!

- Walking – *easy pace!* While you walk, incorporate Ankle Scoops, Flamingos, High Knees and Torso Twists to stretch your core, legs, and arms!

| <b>Daily Activity Log</b>   |  |
|---|--|
| <p><b>Post-Workout</b></p> <p><b>Heart Rate:</b></p> <p>_____</p> <p><b>In your Target Heart Rate zone?</b></p> <p>Yes / No</p> | <p>Notes (modifications, struggles, etc.):</p><br><br><br><br><br> |

**Academic Integrity**

I certify that I completed today’s physical fitness portion of this lesson in its entirety to the best of my ability.

*Student initials:*

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I certify that my student completed today’s physical fitness portion of this lesson in its entirety to the best of his/her ability.

*Parent initials:*

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**PART 2: ENRICHMENT**

**Read and annotate the article found on p. 10-11. Complete the following based on your workout and your reading.**

1. Describe your breathing during your workout today. Did you take deeper (diaphragm) breaths or shallow (shoulder) breaths? Did you breathe in a rhythm or was it gasping breath? List one struggle you had with breathing and one way you plan to combat it!

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2. How might controlled breathing help a person to sleep better?

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3. Which of the three techniques would you like to try during your bedtime routine? Explain.

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***ENRICHMENT IN ACTION:*** We learned about how sleep is vital to teenagers during the Week of 4/13. Today, our article provided you with three additional techniques that can lead to better sleep. **Choose ONE breathing technique and use it tonight during your bedtime routine. We will reflect on this tomorrow.**

## Better Breathing Series: Always Tired? Try These 3 Breathing Exercises for Better Sleep

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[precisionmedical.com/blog/better-breathing-series-3-exercises-for-better-sleep](https://precisionmedical.com/blog/better-breathing-series-3-exercises-for-better-sleep)

### Try these 3 breathing exercises for better sleep

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There are a variety of breathing techniques for sleep. What works for you may be different for the next person, so try one until you find the perfect routine.

Here are three effective breathing techniques for getting better sleep:

#### The 4-7-8 Method

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We've previously discussed this method as a breathing exercise to reduce stress. You'll find it easy to perform because you concentrate on counting and measuring your breath.

1. Situate yourself either sitting upright or lying down flat.
2. Start with one hand on your belly and the other on your chest.
3. Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
4. Hold your breath and silently count from 1 to 7.
5. Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you reach 8.
6. Repeat 3-7 times, or until you feel calm.

#### Double-Exhale Breathing

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Long used as a means of fighting anxiety, Double-Exhale Breathing is a simple method that allows you to slow your heart rate and relax your muscles.

How is it done? Easy... exhale for twice as long as you inhale.

For example, if you inhale for four counts, then exhale for eight. It works because in slowing your breathing rate you're actually tricking your body into thinking it's calmly at rest.

Maintain your Double-Exhale Breathing until you feel the calmness take over or you fall asleep –whichever comes first.

#### Meditation Breathing

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This is another form of mindful breathing where you concentrate on slowing the rate of breathing.

1. Start by taking a deep exaggerated inhale through your nostrils for a 3 count
2. Now, hold your breath for a 2 count
3. Then exhale through your mouth for a 4 count
4. Otherwise, simply observe each breath without trying to adjust it; it may help to focus on the rise and fall of your chest or the sensation through your nostrils
5. Repeat this process for 15 minutes

This is a great breathing exercise to practice during the day. If you find your mind wandering, simply restart your counting and continue.

## Let's recap

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Getting proper sleep isn't just a matter of avoiding that groggy feeling the next day, it could make a huge impact on your quality of life. Studies show sleep deprivation can lead to diabetes, depression, and obesity.

Try one of the three breathing exercises for sleep we've listed above and you'll find a deep natural sleep that keeps you healthy and strong.

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### **Source:**

Precision Medical. "Better Breathing Series: 3 Exercises for Better

Sleep." *Www.Precisionmedical.Com*, 2020, [www.precisionmedical.com/blog/better-breathing-series-3-exercises-for-better-sleep/](http://www.precisionmedical.com/blog/better-breathing-series-3-exercises-for-better-sleep/). Accessed 21 Apr. 2020.

**III. Thursday, April 30**

Fitness Lesson: Continuous Movement

Enrichment: Goal Reflection; Breathing to Reduce Stress

**Socratic Guiding Questions:** Keep this in mind as you study!

How can breathing techniques help me to reduce stress in my body?

**Objectives:** Be able to do this by the end of this lesson.

1. 1 Perform each movement in a workout with proper form.
2. Identify breathing techniques to reduce stress and promote relaxation.
3. Record your daily breathing technique.

**Lesson Introduction:**

Today's workout will be a continuous workout. **You will be continuously moving for at least 12 minutes.** Choose exercises that can be done with little to no transition. You will need to set a timer for yourself and keep track of the exercises you do. You will record those in the Daily Activity Log at the end of the workout. Remember to **breathe properly, use controlled movements, and focus on proper form.**

**PART 1: DAILY FITNESS:****Warm-Up (4 minutes):**

- ✓ Jog in place (30 seconds)
- ✓ Skip in place (30 seconds)
- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ Ankle Scoops (30 seconds)
- ✓ Zombie Walks in place (30 seconds)
- ✓ Jumping Jacks (10 jacks)

**Workout Sequence:**

- **Continuous Movement (12 minutes)** – *Keep track of the movements you do and record them in the Daily Activity Log after the workout. Be creative but keep moving!*

Some exercise suggestions:

- |                  |                   |                        |
|------------------|-------------------|------------------------|
| ▪ Step-ups       | ▪ Jogging/Running | ▪ Side-to-side shuffle |
| ▪ Jumping squats | ▪ Push-ups        | ▪ Line jumps           |
| ▪ Burpees        | ▪ Max jumps       | ▪ Fast feet            |
| ▪ Jumping Jacks  | ▪ Sit-ups         | ▪ Squats               |
| ▪ Skips          | ▪ Carioca         | ▪ Dips                 |

- ✓ **TARGET HEART RATE CHECK!** After completing the workout, take your pulse for 1 minute. Record your heart rate in the Daily Activity Log below.

**Cool Down (2 minutes)**

- Walking – *easy pace!*

| <b>Daily Activity Log</b>   |   |
|---|---|
| <p><b>Post-Workout Heart Rate:</b></p> <p>_____</p> <p><b>In your Target Heart Rate zone?</b></p> <p>Yes / No</p> | <p>Exercises you completed:</p><br><br><br><br><br><br><br><br><br><br> |

**Academic Integrity**

I certify that I completed today’s physical fitness portion of this lesson in its entirety to the best of my ability.

*Student initials:*

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I certify that my student completed today’s physical fitness portion of this lesson in its entirety to the best of his/her ability.

*Parent initials:*

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**PART 2: ENRICHMENT**

**Read and annotate the article found on pgs. 15-17. Then complete the following questions and the weekly Goal Check.**

1. Reflect on the use of your breathing technique you chose to complete last night during your bedtime routine. Was it effective? Why do you think that? What might improve the odds of it being effective?

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2. Perform the “Calming Breath” routine from the article. Then, reflect on the following:

- What is the benefit of sitting up straight?
- Why is placement of the hand on your abdomen necessary?
- Why do you suppose you’re to hold your breath for 3 seconds?
- How did you feel after performing the technique? Explain.

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✓ **Weekly Goal Check: Reflect on the following.**

Are you attempting to stay hydrated? Identify some of the sources of water you are taking in each day. Do you need to improve? If so, set a goal for yourself for next week.

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How would you **rate your success and/or commitment to getting enough sleep and giving yourself your best chance at a good night’s rest?** How could you improve?

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Did you **meet your target heart rate during each of the workouts** this week? Explain.

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List **at least one** effort you have made to accomplish the goal you set regarding stretching.

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## Better Breathing Series: Important Breathing Exercises to Relax and Reduce Daily Stress

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[precisionmedical.com/blog/better-breathing-series-important-breathing-exercises-to-relax-and-reduce-daily-stress](https://precisionmedical.com/blog/better-breathing-series-important-breathing-exercises-to-relax-and-reduce-daily-stress)

Feeling especially stressed these days? You're not alone.

Let's look at several easy methods you can try in the comfort of your home to breathe and relax.

### First, Examine Your Breathing

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Stress is a funny thing in that it's really one of the core animal instincts we have as humans. It's a fight-or-flight response that animals in the wild feel while running from predatory animals. Sadly, it typically surfaces for us when paying bills, driving to work, or taking a test.

When you're stressed it's a natural response to hyperventilate – you take shallow, rapid breaths that come from the top of your chest. Are you doing this right now? You might be amazed how often you are.

This stressed out condition may lead to anxious feelings and reduced energy-supporting oxygen flow.

### Now, Learn to Breathe Better

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Most professionals recommend breathing exercises for helping to fight stress. It makes sense! When you condition yourself to breathe calmly, your body will gravitate toward stress-free responses. This leads to improved physical health and mental well-being.

That's why you should train your body to breath better using the "Calming Breath" method. Try these steps:

1. Straighten your posture, whether you're sitting upright or standing.
2. Begin with a long, slow breath through your nose, first filling your lower lungs, then your upper lungs. Place a hand on your belly to feel it expand.
3. Hold your breath to the count of three.
4. Exhale slowly through your mouth, making sure you relax your body, especially your face, neck, shoulders, and torso.

By the way, this is a common breathing technique used by runners to increase their performance!



Try this method for 5 minutes a day and you'll soon find yourself doing it unintentionally, and hopefully feeling the stress release.

## Three More Ways to Breathe

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Once you've gotten comfortable with the calming breath relaxation exercise, you may want to try some other relaxation breathing techniques that will improve your ability to manage and eliminate stress.

These three advanced techniques, recommended by WebMD, will help you breathe and relax.

### **4-7-8 breathing**

Perform this exercise either sitting or lying down.

1. Start with one hand on your belly and the other on your chest.
2. Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
3. Hold your breath and silently count from 1 to 7.
4. Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you reach 8.
5. Repeat 3-7 times, or until you feel calm.

### **Roll breathing**

You can do this relaxation technique in any position, but while you are learning it's best to lie on your back with your knees bent.

1. Put your left hand on your belly and your right hand on your chest. Notice how your hands move as you breathe in and out.
2. Practice filling your lower lungs by breathing so that your belly hand goes up when you inhale and your chest hand remains still. Always breathe in through your nose and breathe out through your mouth. Repeat 8-10 times.
3. Now add the second step: Inhale first into your lower lungs as before, and then continue inhaling into your upper chest. Breathe slowly and regularly. As you do so, your right hand will rise and your left hand will fall a little as your belly falls.
4. As you exhale slowly through your mouth, make a quiet, whooshing sound as your hands fall. Feel the tension leaving your body as you become more and more relaxed.
5. Practice breathing in and out in this way for 3-5 minutes. Notice that the movement of your belly and chest rises and falls like the motion of rolling waves.

**Caution:** Some people get dizzy the first few times they try roll breathing. If you begin to breathe too fast or feel lightheaded, slow your breathing. Get up slowly.

### **Morning breathing**

Try this exercise when you first get up in the morning.

1. From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
  2. As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
  3. Hold your breath for just a few seconds in this standing position.
  4. Exhale slowly as you return to the original position, bending forward from the waist.
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### **Let's recap**

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Stress plays a major factor in your ability to manage your mental and physical wellness. Breathing exercises have proven to help manage stress and when done regularly, can be an important daily activity. Try one of these breathing techniques and see how effectively it can help you stay calm.

**Source:**

Precision Medical. “Better Breathing Series: Important Breathing Exercises to Relax and Reduce Daily Stress.” *Www.Precisionmedical.Com*, 2020,  
[www.precisionmedical.com/blog/better-breathing-series-important-breathing-exercises-to-relax-and-reduce-daily-stress/](http://www.precisionmedical.com/blog/better-breathing-series-important-breathing-exercises-to-relax-and-reduce-daily-stress/). Accessed 22 Apr. 2020.