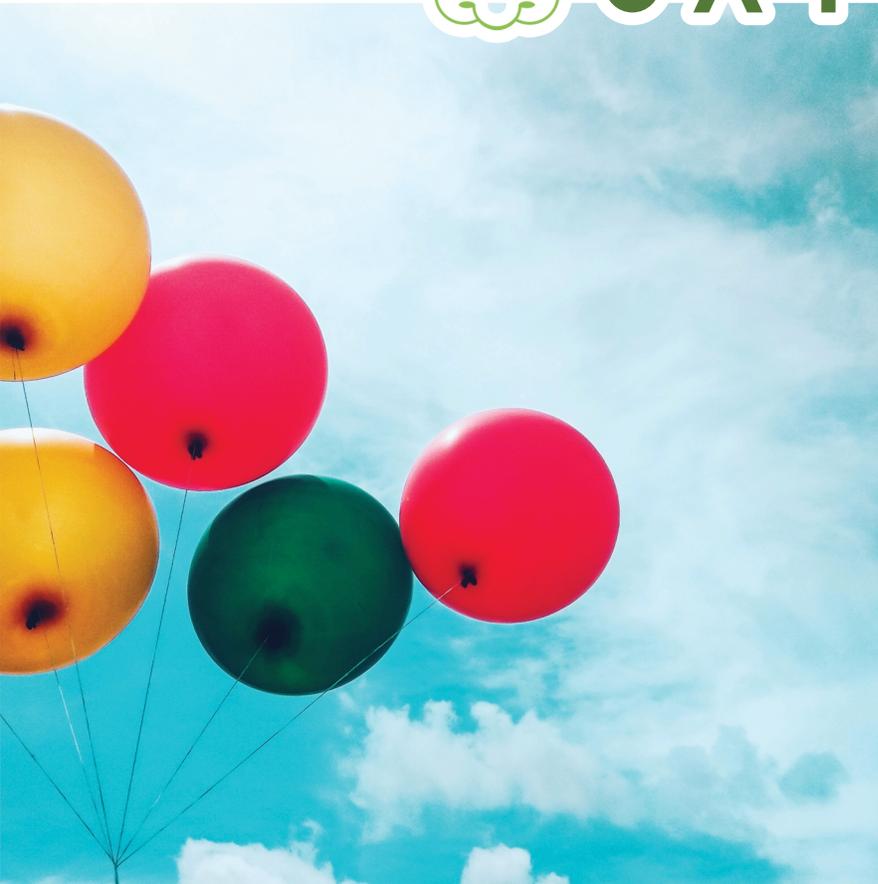




OXYGEN



Our most essential resource is air. Proper breathing and pure air are fundamental to our overall health and are more important than food or water. Fresh, clean air surrounds the beautiful natural environment of our offices.

*He lives most life
Whoever breathes most air.*

ELIZABETH BROWNING

BENEFITS OF BREATHING FRESH AIR¹

- ✓ Increased energy
- ✓ Improved digestion
- ✓ Clear lungs
- ✓ Relieve stress and anxiety
- ✓ Bolster immune system

Research shows that the best air to breath for optimum health is oxygen-rich, **negatively charged ions**. These negative ions tend to concentrate near rivers and waterfalls due to their movement, but are also found at beaches, forests, and mountains. In the wild and natural outdoors, you can find **ten times** more negative ions than the typical office or bedroom.²

CHOOSE
life

BREATHING EXERCISES³

PURSED LIP BREATHING

This exercise reduces the number of breaths you take and keeps your airways open longer. More air is able to flow in and out of your lungs so you can be more physically active.

1. Breathe in through nose
2. Breathe out at least twice as long through mouth, with pursed lips

DIAPHRAGMIC BREATHING

1. Start by breathing in through your nose
2. Pay attention to how your belly fills with air
3. Place your hands lightly on your stomach, so you can be aware of your belly rising and falling
4. Breathe out through you mouth at least 2-3 times as long as your inhale
5. Be sure to relax your neck and shoulders as you retrain your diaphragm to take on the work of helping to fill and empty your lungs

KEEP IT FRESH

Here are other ideas to maximize the oxygen intake.



Grow potted plants in the house.



Leave a window open at night when sleeping.



Explore the great outdoors.



Engage in interval training to improve lung capacity.

¹(2016, July 14). Come outside: why fresh air is essential. Benenden Health. <https://www.benenden.co.uk/be-healthy/lifestyle/come-outside-why-fresh-air-is-essential/>

²Mann, D. (2002, May 6). Negative ions create positive vibes. WebMD. <https://www.webmd.com/balance/features/negative-ions-create-positive-vibes#1>

³(2020, May 27). Breathing exercises. American Lung Association. <https://www.lung.org/lung-health-diseases/wellness/breathing-exercises>