



Breath And Your Heart Health

Length: 60-90min

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: Breathing patterns and rates are one of the main influencers of heart rates and rhythms. The faster the pace of our breath, the faster our heart is beating. Not only does our heart beat faster, we signal the brain to be in our stress response system.

The average American today is breathing at a rate of 12 breaths or more per minute. At these breathing rates, the heart rate increases to meet the demands of delivering oxygen to organs, muscles and tissues. If we continue to breathe at this rate or higher, you can imagine how hard the heart is working in the distribution of oxygen throughout the body.

In this webinar, we'll begin by exploring the differences between our inhale and exhale as well as how to improve breath rates to 10 or less per minute.

Learning Objectives

- Understand the difference between our inhale & exhale as it relates to heart rates
- Breath techniques to improve blood pressure and hypertension
- Breath techniques to improve heart rate variability

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.