



*First time mums  
and beyond*

## the beauty of breathing well

Wouldn't it be reassuring to learn a tool during your pregnancy that would enhance energy, improve core strength, reduce anxiety and promote relaxation through labour so you were prepared for the wonderful challenges of motherhood?

AND help you survive sleep deprived nights, calm a frazzled mind and get you back to pre-pregnancy weight?

### **The secret is learning to breathe well. It's simple but truly effective.**

**The benefits speak for themselves:**

**Conserve energy:** 3% energy expenditure with diaphragm breathing versus 25-30% with bad breathing. No more shoulder tension!

**Save time:** 10 mins breathing well compares with 30 mins sleep. Great when you need a wee "pick me up" just before 5 pm!

**Better sleep:** helps you back to sleep when night feeding. Breathing well for 6 hours equates to 9 hours of poor breathing sleep.

**Lose or stabilises weight:** breathing well enhances digestion and metabolism and sleep.

**Improve posture and strength:** a strong diaphragm muscle increases core stability and improves torso posture.

**Reduce pain:** 20 mins meditative breathing equals 5mmHg morphine. Your own natural body's anaesthesia!

**Reduce stress:** reduces cortisol hormone, increases serotonin levels.

**Save money:** no need to leave home to strengthen and stretch your body. Your own yoga class!

**Improve immunity:** breathing well reduces colds, flu and allergies.

The **beauty of breathing well** is that once learned, it can be done anywhere, anytime. Home, car, supermarket queue. Even 5 minutes can make a difference to how you feel and your ability to cope with the constant demands of being a mum!

Make the investment in your health. Call and make an appointment with Susan today. She is an experienced musculoskeletal physiotherapist with a passion for helping women with stress-related pain and fatigue, sleep issues, abdominal discomfort such as endometriosis and chronic pain. Her individual sessions are one hour initially with a followup of 30-45 minutes depending on your needs.

**Breathing and moving well. It is the best kept secret.**

*“Even three minutes of breathing well helps break a spiral, it re-centres and calms me and stops me snapping at my boys. It was fantastic to let go of my tummy and not feel funny about it, and just breathe. Very liberating.”* Bronwyn, mother of three



Susan Lugton Physiotherapy  
247 Remuera Rd, Remuera • Ph: 09 524 4858