

Breathing

I know this might seem weird, but the truth is most of our athletes have an incorrect breathing pattern. This is because they were never taught how to breathe for our sport.

FAQs about Breathing:

Breathing is how we metabolize fat.

Being able to breathe easily while doing an activity makes it a low intensity exercise. This means that you will use fat as a fuel source and be able to keep the activity up for a long period of time. Our bodies use oxygen to metabolize fat. So every breath in allows us to change our energy source from carbs to fat. This process is called oxidation of fat using our Krebs cycle.

Your breathing mechanics are controlled your autonomic nervous system.

Your autonomic Nervous system has two parts: the sympathetic and parasympathetic nervous systems. Your sympathetic nervous system is your fight or flight nervous system. It is what controls our hormones to make our body ready to react to any situation. Its primary fuel source is carbohydrates. It is responsible for your exhalation mechanics.

Your parasympathetic nervous system is your relax and recovery nervous system. It controls our hormones and makes sure that we can relax and recover from sickness, exhaustion, and pain. Its primary fuel source is fat. It also is used most when you sleep. This is responsible for your inhalation mechanics.

Both these nervous systems are automatic.

All your core stabilizers are connected to your breathing mechanics.

That means that your breathing mechanisms is an automatic process that you don't have to think about.

It is what our bodies do the most maybe other than blinking.

So if your breathing mechanism is compromised so is your ability to stabilize your body.