

Adding Stability & Breathing Training to Your Routine



Objective: This worksheet will guide you through incorporating **stability and mobility exercises** into your weekly routine to improve **balance, posture, breathing, and functional strength**. By following these steps, you will build confidence in movement, reduce the risk of falls, and maintain independence as you age.

Step 1: Identify Your Current Challenges & Goals

Why is stability and mobility important to you?

- Preventing falls or improving balance
- Reducing joint pain and stiffness
- Enhancing posture and breathing
- Maintaining independence in daily activities

Check all that apply or add your own goal:

- I want to improve my balance and prevent falls.
- I want better posture and core stability.
- I want to reduce stiffness and move more efficiently.
- Other: _____

Step 2: Start with Breathing - Build The Core Foundation

Breathing is the foundation of stability and movement. Proper diaphragmatic breathing strengthens your core, improves posture, and enhances overall movement efficiency while also playing a crucial role in regulating your nervous system.

When & How Will You Incorporate Breathing?

- ◆ Choose a specific time or situation to practice (e.g., morning, before bed, during workouts, while sitting at a desk).
- ◆ Aim for **at least 5 minutes per day** of intentional diaphragmatic breathing.

I will practice diaphragmatic breathing:

- First thing in the morning
- Before bed
- During stressful moments
- Before or during exercise
- Other: _____

How to Ensure You're Engaging the Diaphragm Properly:

Step 1: Sit or lie comfortably. Place one hand on your chest and one on your belly.

Step 2: Inhale deeply through your nose. **Your belly should rise while your chest remains still.**

Step 3: Exhale slowly through your nose/mouth, engaging your deep core muscles as your belly lowers.

Step 4: Repeat for 5–10 breaths, focusing on smooth, controlled movement.

Tip: 1) Diaphragmatic breathing should feel natural and relaxed. If you notice tension in your shoulders or neck, reset and focus on **expanding the belly, not the chest.**

2) start with triangle Breathing – Inhale 2 sec, exhale 4 sec, hold without breath for 2, progress ratio slowly until able to obtain 5 sec inhale - 10 sec exhale - 5 sec hold without breath

Adding Stability & Breathing Training to Your Routine



The Why: Breathing, Nervous System Regulation

📌 How Diaphragmatic Breathing Balances the Nervous System

The body operates between two states:

- **Sympathetic ("Fight or Flight")** - Heightened stress, increased heart rate, muscle tension.
- **Parasympathetic ("Rest & Digest")** - Relaxation, better recovery, improved digestion.
- ◆ **Deep breathing shifts the body from stress mode to a relaxed state**, promoting:
 - ✓ Lower heart rate & blood pressure
 - ✓ Improved digestion & mobility
 - ✓ Reduced muscle tension & better sleep

📌 Effective Breathing Techniques:

✓ **Triangle Breathing** – Inhale 2 sec, exhale 4 sec, hold for 2, progress ratio to 5-10-5 sec

✓ **4-7-8 Breathing** – Inhale 4 sec, hold 7 sec, exhale 8 sec (calming effect).

✓ **Box Breathing** – Inhale, hold, exhale, hold for 4 sec each (great for focus).

✓ **Extended Exhales** – Exhale longer than inhale (activates relaxation response).

💡 **Tip:** A few minutes of intentional breathing daily improves stress resilience, recovery, and overall well-being.

Step 4: Focus on Posture Daily

📌 Be mindful of your posture throughout the day.

✓ **Check-in with yourself while sitting, standing, and walking.**

- **Are my shoulders rounded forward?** → Pull them back slightly.
- **Am I slouching?** → Engage my core and lengthen my spine.
- **Is my head too far forward?** → Align it with my spine.

📝 **Posture Reminder Strategy:**

- Set an hourly timer to check my posture.
- Use sticky notes as reminders at my desk or mirror.
- Other: _____

Step 5: Track Progress & Adjust as Needed

📌 Recognize improvements and adjust difficulty.

✓ **Noticeable Signs of Progress:**

- I can stand on one leg longer without wobbling.
- I feel less stiffness in my joints.
- My posture has improved, and I feel taller.

📝 **Progress Check-In:**

✓ After **2 weeks**, I have improved in _____.

✓ After **4 weeks**, I feel _____.

📌 **Level Up Your Routine:**

- Adding intensity by closing eyes, adding head turns, add dual tasking (count or throw ball)
- Performing exercises on an unstable surface (e.g., foam pad, BOSU ball)

💪 **My Commitment:**

"I commit to practicing stability and mobility exercises ** __ times per week** to improve my movement, balance, and confidence." _

🚀 **Let's build a strong foundation for lifelong movement and independence!**