

When Was The Last Time You Warmed Up Your Lungs Before You Went On A Run?

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By Barry McDonald

Have you ever noticed people getting ready for any sporting event, to get the best performance from their bodies they always warm it up first to get the blood flowing.

But what about the lungs? Its all good and well getting your body ready for a good workout but if the supply of oxygen to the muscles is poor because of bad breathing habits its easy to see you're not going to get the best from them.

Here are some tips to start you on the right path.

- Make sure you get in the habit of setting aside some extra time to do a little breathing exercise to prepare your lungs for the job ahead. It won't take as long as your stretching exercises but its just as important if not more. For the first 5-10 minutes do a little amount of walking as you're doing this focus on your breathing.

Start to relax your belly on the inhale this allows your diaphragm to go down into its fullest position and thus fill your lungs to fill to a greater capacity. Then on the exhale retract your belly back in towards your spine thus helping the diaphragm to fully contract and empty the lungs better. (you want to get as much of that stale air out as possible before you breathe in again!) It may take a little while to get use to doing this but stick with it and remember how much you're muscles are going to thank you for this added oxygen flow.

- When you're out on your run try to breathe for as long as possible through your nose, this filters unwanted debris out of your air ways and helps to warm the air in the nasal cavity before it enters your lungs (especially important on those cold mornings.)

These new breathing techniques may be hard at first to get used to but your body will adapt over time. You may even notice a difference in your running times,.. you might not be setting world record times but hey who knows what might happen??

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To find out how myself and others have turned our health and energy levels around using just the power of breath visit

<http://www.scienceofbreath.be>

and

<http://www.scienceofbreath.be/wordpress/>

and

we'll show you how!

How To Start a Running Program

By Jason Barger

Running or jogging is one of the best ways there is to lose weight fast. It burns tons of calories and gets your body burning fat. Running strengthens the heart, lungs and can be done just about anywhere at anytime.

The problem is most people don't know where to begin and usually do it wrong.

In this article I am going to show you an effective way to start a running or jogging program without killing yourself.

The first mistake people make when they begin a running or jogging program is that they run too fast. This will leave you out of breath and spent in about 5 or 10 minutes. When this happens people generally think to themselves that anyone who runs is crazy or likes punishing themselves.

This simply is not true. Once I found out how to run properly, I was able to run a few miles with ease and comfort.

I had been running for about a month and was up to two miles. But at the end of these two miles, I felt as if I was going to keel over and die. My legs hurt. My lungs hurt. Everything felt wrong.

I thought I would just keep running these two miles until it became easier, but it never did. It got harder, if anything.

Then I heard about a guy named Stu Mittleman. This guy had run from San Diego to New York in 56 days. Basically Stu ran two marathons a day for 56 days. So I bought his book called Slow Burn and it completely changed any negative feelings I had about running.

The first thing I did was bought a heart rate monitor. This cost around 100 dollars and was the best purchase I have ever made. It allowed me to monitor my heart rate and stay at a comfortable running

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level, even while running up hills.

What I did, was started running at 50 to 70% of my maximum heart rate. At first, I felt like I was going too slow and not getting a good workout. But within a week, I was able to run 4 miles without any problems. The best thing was that after the four miles, I felt incredible. Instead of feeling like I was going to die before, I actually felt better.

To find your targeted heart rate zone, do the following:

Subtract your age from 220. Then multiply this by .50 and .70 and that will give you your targeted zone.

Example: Age 28

$$220 - 28 = 192$$

$$192 \times .50 = 96$$

$$192 \times .70 = 134$$

By this example, if you are 28, then you should be running in the heart rate zone of 96 to 134. To make it easier to remember, just round it up to 100–135.

If you are running in this zone, you will probably be very comfortable and be able to run a good distance.

You see, the problem people usually face is that they start off running too fast. You just need to slow down. It isn't necessarily how hard you run, but that you are moving as much as possible, as often as possible.

Once you begin to add mileage, you will get in better shape and be running faster anyways. You just won't be working any harder. Your body will adapt, and you will begin to move more efficiently, without more effort.

This program worked perfect for me, and has turned me into a runner for life. I hope it does the same for you.

This article was written by Jason Barger. Jason has been helping people lose weight with his breakthrough book, Primal Weight Loss. To learn more about his philosophy and programs you can visit

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