Breathing Exercise

**What You Will Need**

1. A Book, medium weight (bigger than a paperback, smaller than a phonebook).
2. A clean, flat area to lay on.
3. You!

**Directions**

1. Lay on your back on the floor.
2. Place the book on your stomach.
3. When you breathe in, expand your stomach outward, raising the book.
4. When you breathe out, bring your stomach towards your back, lowering the book.
5. Take nice deep breaths in, 5-10 seconds each way.

Do this for 5 minutes every day.

**This is a great exercise to do during commercials when you’re watching t.v.!**