

# Respiratory re-conditioning for

# Sports Performance Enhancement

Athletes seek the competitive edge.

Many athletes nowadays, subjected to high performance expectations and high pressure training regimes, experience high injury rates, burnout and shortened athletic careers.

Athletes seek the competitive edge

Athletes are using the Breath Power - Buteyko techniques as part of their training program because it offers them;

- \* increased stamina
- \* increased endurance
- \* increased performance
- \* quicker recovery
- \* better ability to absorb oxygen
- \* quicker recovery from injury
- \* increased muscle development
- \* greater benefit from training, (often with reduced effort)

By using the Buteyko Technique to perfect their breathing patterns both on and off the field, athletes allow their bodies to fully enjoy the benefits of better oxygenation.

This in turn enhances the benefits of exercising and assists in developing the full potential of the athlete or health conscious person.

## Sports people using the Buteyko Technique.

Ramon Andersson (Olympic Kayaker)  
Emmily Snook (Olympic Rower)  
Mathew Dunn (Olympic Swimmer )  
Dion Russell ( Walker )  
Jaime Fernandez ( Rower )  
Paul Genovesi ( Rower )  
Craig Riddington (Ironman)  
Kylie Webb (Professional Surfer),  
Jason Norrish (Fremantle Docker - AFL),  
Craig Burrows (Fremantle Docker - AFL),  
Caron Clonda (Squash),  
Micheal Klim (Swimmer),  
Mindy Meehan (18' Yacht Sailing)  
John Laurito  
(Swan Districts Football Club - WAFL)

Individual and personal training is also conducted.

For more details phone or email now.

## Peter & Georgia Zoric

For someone who had never been able to do exercise due to the severity of her asthma, the exhilaration she now feels at being able to do a workout without feeling breathless and completely drug free is truly amazing!

In contrast, Peter on the other hand had spent the major part of his life playing sports and martial arts. He decided to undertake the Breath Power Program after seeing the changes in his wives health. He also knew the importance of correct breathing during exercise.

After both completing the initial Breath Power Program they decided to enlist Aaron's experience in personally training them in correct breathing habits in a specially tailored exercise program. Peter was amazed at the difference in his own performance and the ability of less physical exertion for better result.



## Rodney Lockyer

Since attending my Breath Power - Buteyko Sports Enhancement Program I have experienced incredible improvement in many of the physical problems I was suffering. All fatigue I used to suffer has long disappeared and my sleeping patterns have improved tremendously. I used to wake up four to five times during every night and had seemed to be suffering from this for many years. I would require at least eight to ten hours sleep a night. Since developing by breathing according to the Breath Power - Buteyko principles I now only require five to six hours sleep and it is sound and solid sleep and I no longer suffer from morning drowsiness and I am definitely functioning better. I undertook the Breath Power - Buteyko Sports Enhancement Program, as I am a State Taekwondo coach and am involved in daily exercise and activity at an elite level. The breathing techniques I have implemented have improved my cardiovascular system to a level it has never been before allowing me to perform at higher levels in both my technical and strength training. Some of the eating principles that are suggested in the program have also improved my physical condition to a new level. Having long since eradicated bad habits of sleeping, eating and over-breathing I have found a new outlook on life, one that is full of energy, vitality and an excitement. I thoroughly recommend this program to anyone wishing to improve their energy levels and physical condition.



## Aaron Lumsdaine's Breath Power - Buteyko Training Services

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*"A method whose time has come - A self generating way of optimising oxygenation to every cell and taking the body from a state of defence & merely existing to truly living by perfecting what you do most - Breathing!"*