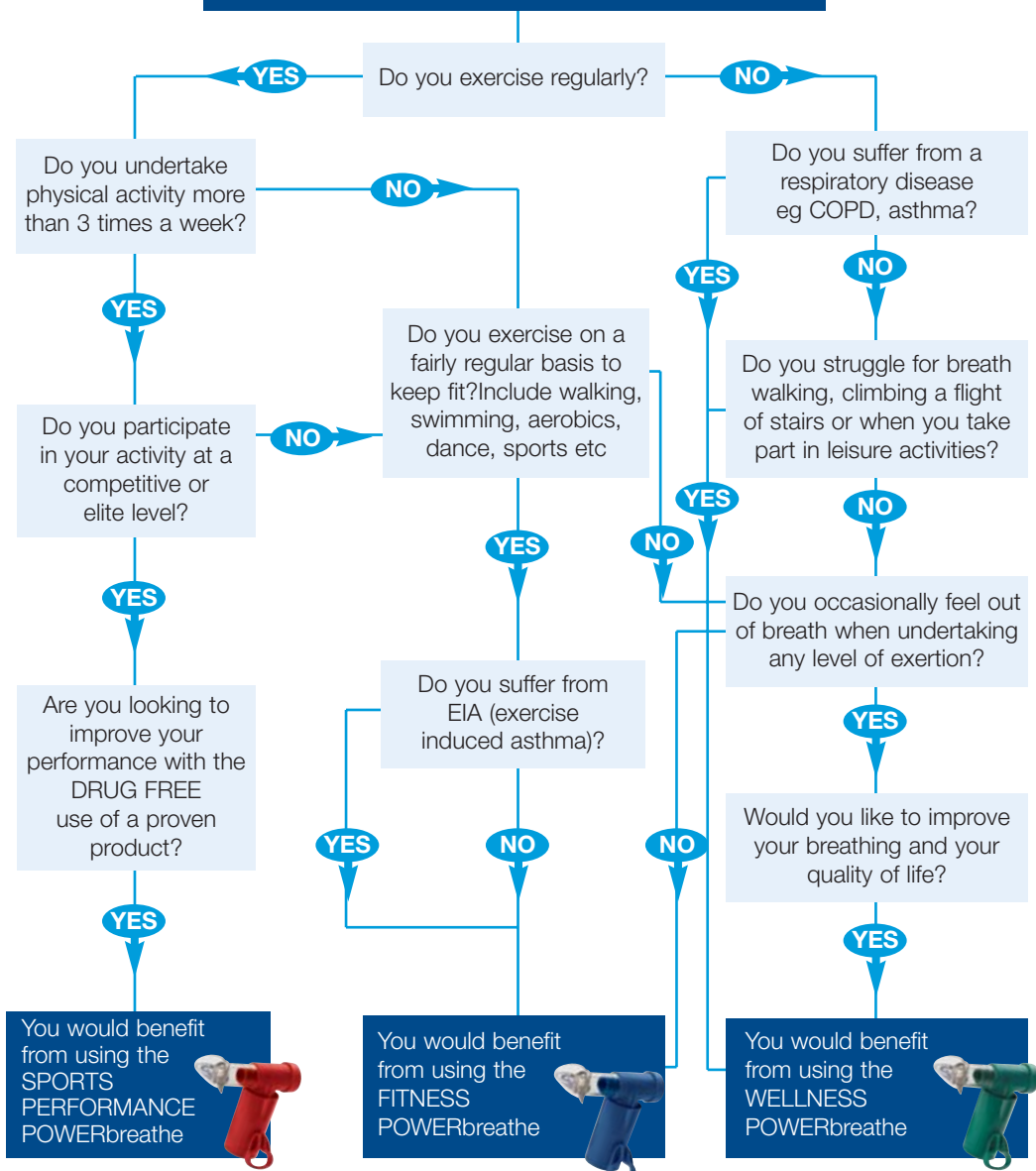


# POWER breathe<sup>®</sup>

*"for anyone who breathes"™*

Are you looking for a drug free method to improve your breathing, performance and quality of life?





## What is POWERbreathe?

- POWERbreathe is a revolutionary DRUG FREE handheld breathing trainer
- Proven to improve breathing in all users from asthmatics to athletes.
- 30 breaths, twice a day - just 4 minutes a session - will result in noticeable improvements in just a few weeks.
- Researched and developed by Sports Scientists at Birmingham and Loughborough Universities.



### How does it work ?

POWERbreathe uses a technique known as resistance training, in much the same way as you might use weights to increase the strength of your arm muscles. It makes the breathing muscles work harder to improve their strength and endurance. As you breathe through POWERbreathe you must lift open the inspiratory valve before you can breathe in; the level of resistance in doing this can be set by you, using the POWERbreathe adjustable spring mechanism. The adjustable mechanism allows you to train progressively and achieve an optimal training programme.

### Who can benefit?

Anyone who wishes to make their exercise easier, more comfortable and more effective. It has also been used very successfully to help those with respiratory problems such as asthma and emphysema.

[www.powerbreathe.com](http://www.powerbreathe.com)

©POWERbreathe 2005,(2370). E & OE.

