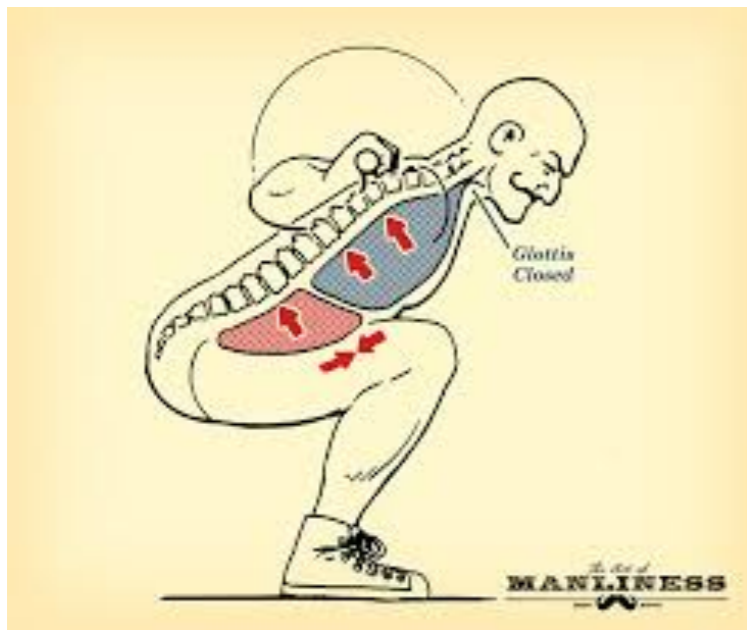


DO YOU/CAN YOU
DO THIS?

SHORT WELLNESS SELF-
CHECKS

Do you hold your breathe when exerting or exercising?



**Self-checks:
Solving
problems
before they
happen.**

Some people hold their breathe to increase performance when exerting (Valsalva Maneuver). The Valsalva maneuver is performed by forceful attempted exhalation against a closed airway, usually done by closing one's mouth. Even though this may feel right, it is not the right thing to do for most people, especially if you're older. It places considerable stress on your cardiovascular system. It may be used to test and treat certain medical condition, but that is something to talk to your doctor about. Also, by cutting off the oxygen, you risk hernias, muscle cramping and dizziness, which can lead to a fall. **Bottomline: Try to always breathe when exercising and exerting. Do not hold your breathe.**

Lifting Weights: The Valsalva maneuver is commonly used breathing pattern for producing maximal force and is frequently used in **powerlifting** to stabilize the trunk during exercises such as the **squat**, **deadlift**, and **bench press**, and in both lifts of **Olympic weightlifting**. Additionally, **competitive strongmen** often use the Valsalva maneuver in things such as log press, yoke walks, and stone loading, as well as any other strongman movements. Using the Valsalva Maneuver may not be needed by lifters and strongmen. Research suggests that is better to force exhale rather than doing the VM when performing maximum exertion. **Bottomline: If you are not a powerlifter/strongman try to always exhale during maximum exertion. If you need to do a VM when lifting maybe choose a lighter weight.**