

The Seniors' Toolbox,

Topics to be covered

Breathing

Exercise

Diet

Circadian Rhythms

Breathing

Nose Breathing

Long inhale and long exhale with nose breathing – build up to 6 breaths per minutes (about 5 breaths inhale and 5 breaths exhale)

Longer inhales produce an alert, wakeful state

Longer exhales produce a calm, relaxed state

Short paused at the top of the inhale or exhale helps to increase the alert or calm state.

Exercises

Hip Circles

Spinal Cord Breathing

Soft whip

Fireworks