



BUTEYKO FITNESS

Module 8: Mastering Daily Life

Exercise, allergies and long-term success

Exercise with Buteyko

Choose an activity you can do **regularly**.

■ Exercise Rules

1. Breathe **exclusively through the nose**
2. If mouth breathing: **stop**, continue more slowly
3. **Start slowly**, increase intensity
4. **Bring emergency inhaler!**

Managing Allergies

- ■ **Mold** – Ventilate well
- ■ **Dust** – Use HEPA filter
- ■■ **Textiles** – Reduce carpets

Medications – Important Note

■■■ **NEVER stop on your own!**

Stop medications **only after consultation with your doctor**. Show your doctor that Buteyko is mentioned in asthma guidelines.

■ Congratulations!

You've completed all 8 modules!

Celebrate your success! ■

For faster progress, I recommend personal training.



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buteyko.fitness

Questions? Contact me:

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