**Steps**



1. Take a small breath in and out through your nose.
2. Pinch your nose on the exhale with your fingers to hold your breath.
3. Walk for 5-10 steps while holding your breath. Try to build up as many steps as you can without losing control of your breathing.
4. Stop walking. Breathe in through your nose and rest for 30 seconds or so while standing still.
5. After completing your steps your first breath will be bigger than usual. This is normal. Simply ensure you breathe calmly as soon as possible.

**Practice 6 repetitions of this exercise up to 2 times a day.**