

# POWER breathe<sup>®</sup>

**Improve breathing performance, quickly, easily, effectively**



The requirement to wear respiratory protective equipment is an everyday part of occupations as diverse as woodworking and fire fighting. The imposition of respiratory protection has sensory repercussions for the wearer, as it inevitably leads to an increase in the work of breathing. When respiratory protection is combined with physical activity, the problems for the wearer are exacerbated and breathing effort is increased considerably. **For example, fire fighter SCBA increases the metabolic cost and breathing requirement of work by around 30%. Research has shown that POWERbreathe training improves performance during simulated fire fighting activities, and reduces cylinder air use by 8%.** Thus, POWERbreathe training not only improves fire fighter comfort, it also improves operational performance through enhanced exercise tolerance and prolonged cylinder wear times.

**Respiratory protective equipment increases breathing effort and reduces operational performance. POWERbreathe training reverses these impairments.**

For sales enquiries, please call the Gaiam Pro team on **01926 816155** or visit **www.powerbreathe.com** for more information.

## **POWERbreathe Wellness PLUS**

– Helps you breathe more easily

## **POWERbreathe Fitness PLUS**

– For active people participating in regular exercise

## **POWERbreathe Sports Performance PLUS**

– For people participating in competitive sports looking to boost performance

**NEW  
LOWER  
PRICE!  
£34.04  
ex. VAT**



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