

# BREATHING

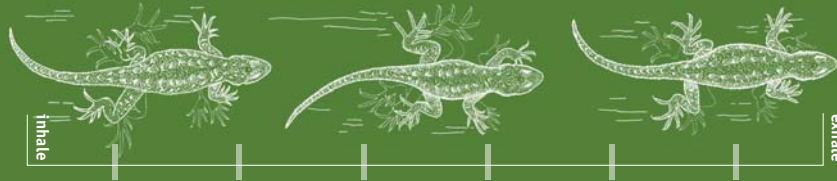
Inhaling and exhaling may not seem like they require thought, but there is a right and a wrong way to breathe during exercise. A common problem is breathing too rapidly. Breathe slowly in through your nose and out through your mouth.

Slight breathlessness is normal. But if your breathing becomes strained, slow your pace, especially if you're new to exercise. A rule of thumb is that if you can't converse as you walk, you're going too fast.



## did you know?

While humans and other animals need to breathe while walking, most lizards have to hold their breath when they walk or run. That's why the Western Fence Lizard and the Alligator Lizard — both residents of the Baldwin Hills — can only go short distances before having to stop to take in air. You shouldn't try this!



Alligator Lizard



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Western Fence Lizard



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