

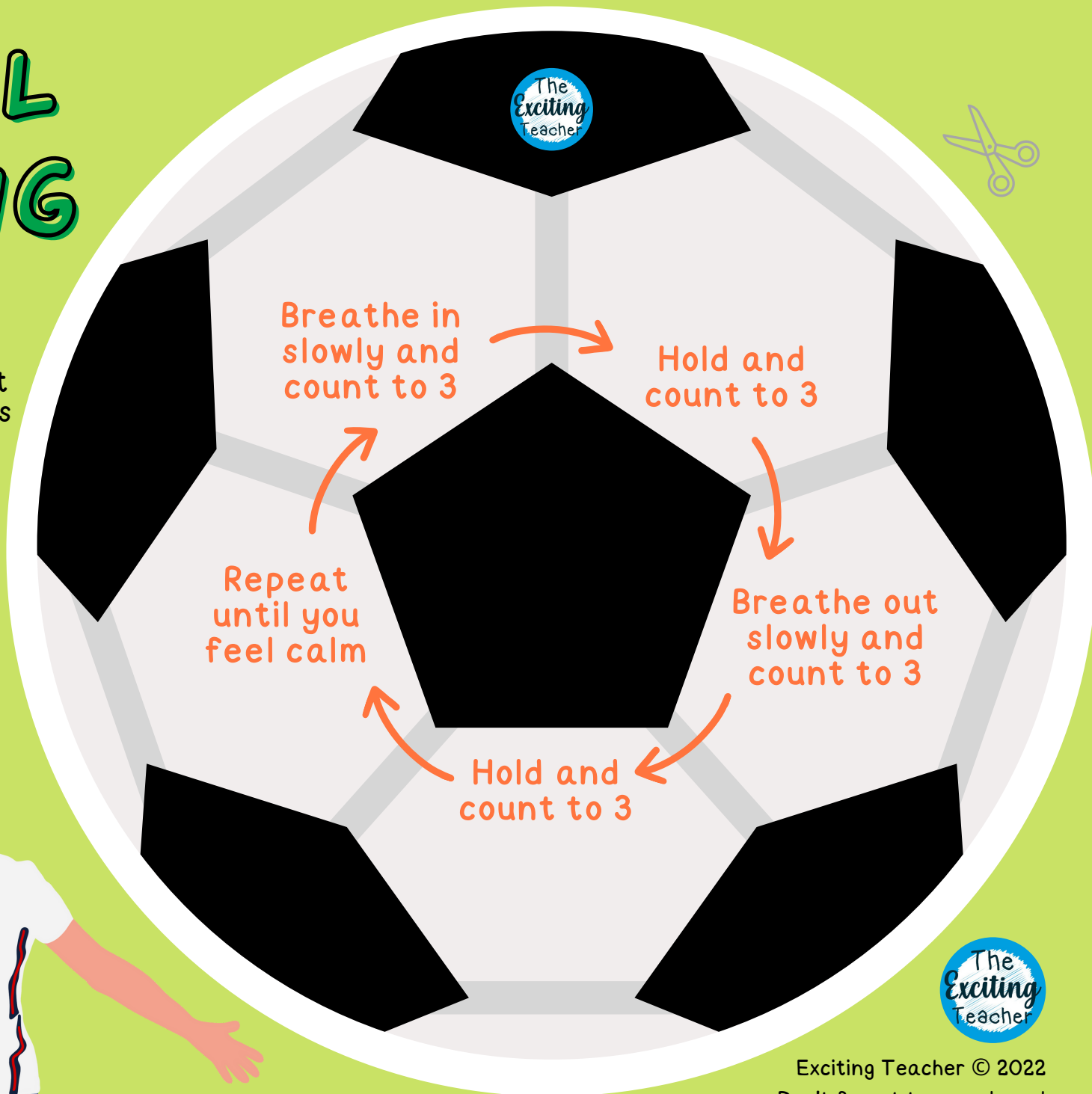
# FOOTBALL BREATHING



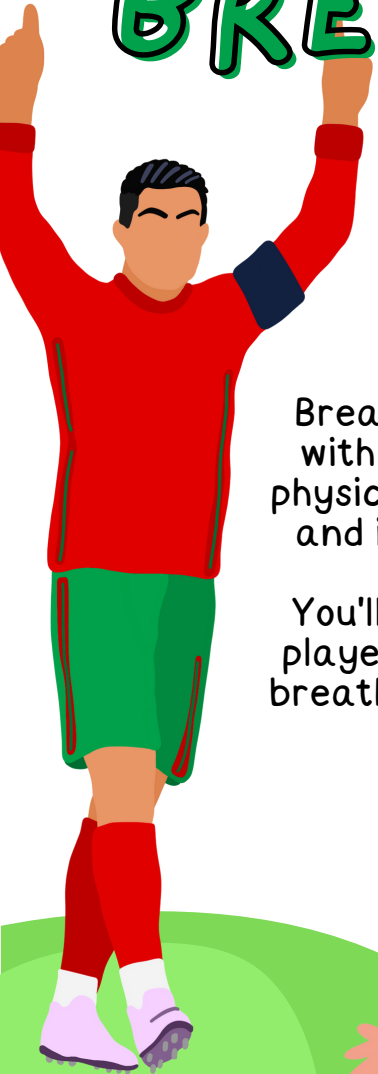
Breathing helps to slow down our heart rate and can help us to feel calm.

Breathing can also help with feelings of stress, physical pain in our bodies and increasing energy.

You'll often see football players focusing on their breathing during matches!



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