**Press Release**

**FOR IMMEDIATE RELEASE**

***“Breathe to Balance” – How Proper Breathing Aligns Brain, Heart, and Health***

 **Tuesday, 27 May 2025Sydney, Australia**

As global stress, burnout, and mental fatigue continue to surge, breathing and mindset coach Alexia Clonda is championing a natural, science-backed solution that starts with something we all do:breathe.

Clonda, a certified Buteyko breathing and mindset coach and former World No. 5 professional squash player, is raising awareness about the profound connection between the breath, heart rate variability (HRV), and brain-heart coherence, a physiological state that can radically enhance mental, emotional, and physical well-being.

“When we breathe correctly, slow, deep, and through the nose, we activate the vagus nerve, boost heart rate variability, and synchronize our brain and heart rhythms,” said Clonda. “This state of coherence is where peak performance, resilience, and healing begin.”

**Our Greatest Asset: Health**

As a Health and Mental Wellbeing Advocate, Clonda speaks passionately about the urgent need for a cultural shift toward proactive health.

“Our health is our number one asset, but it’s taken for granted far too often, until we’re forced to take action,” she said. “We must move from a reactive model to a proactive, preventative one.”

She urges individuals to take daily responsibility for their well-being by monitoring simple yet powerful metrics such as:

* **Breath Quality** – nasal vs. mouth breathing, rate, and depth
* **Heart Rate and Heart Rate Variability (HRV)**
* **Resting Pulse and Blood Pressure**
* **Sleep Quality and Duration**
* **Mood and Mental Clarity**
* **Hydration and Energy Levels**

“These are not just numbers; they’re indicators of how well we are living,” Clonda explains. “When we track them, we can respond early, make better decisions, and avoid preventable issues.”

**Science Behind the Breath**

Heart-brain coherence refers to the alignment between our physiological and neurological systems, often measured through HRV, a biomarker of nervous system balance and emotional regulation. Studies from *Frontiers in Human Neuroscience* and the *HeartMath Institute* show that slow, rhythmic breathing at approximately 5.5 breaths per minute not only reduces cortisol levels but enhances cognitive clarity and emotional stability.

A recent 2023 study found that participants practicing coherent breathing for just 10 minutes a day experienced a significant increase in HRV and EEG alpha wave connectivity, indicating improved calm, focus, and executive brain function.

**From Elite Sport to Everyday Wellbeing**

Having once competed at the pinnacle of global squash while managing life threatening asthma, Clonda now applies her personal transformation and 30+ years of coaching experience to help others unlock their inner calm and resilience.

She offers simple, evidence-backed techniques to the public, including:

* **4-6-2 Breathing** – At rest, breathe in for 4secs, breathe out for 6secs, hold for 2secs, do this 5 times, this brings a sense of calm
* **Box Breathing (4-4-4-4)** – Used by athletes and first responders to stay calm under pressure
* **Physiological Sigh** – Two quick inhales through the nose followed by a long exhale
* **Humming Exhale** – Stimulates the vagus nerve and enhances relaxation

“These techniques aren't just for athletes—they’re for teachers, CEOs, parents, frontline workers, anyone wanting to navigate life with more clarity, calm, and control,” Clonda noted.

**A Global Call to Breathe Better**

As new science sheds light on the physiological power of breath, Clonda is urging individuals, organizations, and health systems to embrace breathwork and self-monitoring as foundational tools for managing stress, improving health, and enhancing performance.

“We are in a stress epidemic, but we’re also sitting on a solution that is free, immediate, and within us. It’s time to reclaim our health through our breath, and with it, our coherence and control.”

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*Supporting studies, high-resolution images, and live demonstrations available upon request.*