**Media Release**

**Why Breathing Could Be Key to Enhanced Athletic Performance**

**FOR IMMEDIATE RELEASE**

**Sydney, Australia – Tuesday 2 June 2025:** While many athletes focus on strength, speed, and endurance, few realise that improving the way they breathe can be the true game changer. Proper breathing techniques not only improve the efficiency of the respiratory system, but also directly impact on cardiovascular health, muscle oxygenation, and even mental clarity, transforming how athletes’ bodies perform, recover, and adapt to training.

Nose breathing, also referred to as functional breathing, is the most efficient way for athletes to breathe. Because the nose filters, warms, humidifies, and sterilises air before it reaches the lungs, nose breathing strengthens immunity, boosts cognitive function, reduces stress, lowers heart rate and blood pressure, and improves sleep quality. Oxygen intake is also around 20% higher with nose breathing than with mouth breathing.

In contrast, mouth breathing, or dysfunctional breathing, can hinder athletic performance. It causes the diaphragm to become less engaged, increasing energy expenditure and leading to fatigue. Mouth breathing is also associated with higher stress levels, shortness of breath, and reduced endurance.

Certified Buteyko breathing and mindset coach, high-performance squash coach, and former champion athlete Alexia Clonda emphasises the crucial role that proper breathing plays in optimising athletic performance.

“Nose breathing optimises oxygen delivery to your muscles by maintaining a balanced level of CO₂, which allows for more efficient oxygen release,” she explains.

“It also lowers lactate buildup, enhances ventilatory efficiency, speeds recovery, and helps regulate heart rate and blood pressure, reducing post-exercise fatigue.

“Additionally, it supports better posture by engaging the diaphragm and core, reducing unnecessary energy loss.”

According to a [recent article](https://www.nationalgeographic.com/health/article/health-benefits-of-breathing-exercises) by National Geographic, the average person takes around 22,000 breaths per day. Given this, proper breathing is vital — especially for athletes, who rely on their breathing for better performance, endurance, and recovery.

According to Alexia, breathing is a skill – and one that athletes can practice and refine for improved athletic performance. To do this, Alexia says that there are six practical techniques that athletes can use daily to improve their breathing and athletic performance:

1. **Pre-training Warmup:** Alternate between inhaling for five seconds and exhaling for five seconds for three minutes before training.
2. **Nose-Breathing Session:** Once a week, complete a low-intensity run or ride while taping your lips to promote nose breathing.
3. **Breathing Reset:** Between efforts, breathe in for four seconds and out for eight seconds to reset your breathing.
4. **Humming:** Hum while exhaling during your cooldown to boost nasal nitric oxide (NO). This supports respiratory function.
5. **Overnight Practice:** Use a nasal strip or micro-tape at night to encourage automatic nose breathing while you sleep.

**Bio**

Alexia Clonda is a former champion squash player with top Australian and World rankings. As a high-performance squash coach, she is passionate about empowering athletes to reach their full potential through performance optimisation. After overcoming life-threatening, steroid-dependent asthma by learning to breathe properly, Alexia became a certified Buteyko breathing and mindset coach. She is also an inspirational speaker, Amazon international bestselling author, and passionate advocate for health, wellbeing, equity, diversity, LGBTQIA+ rights, and social justice.

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