



Improve Your Personal Resilience

Why Participate?

We perform this action over 25000 times daily, and the action creates the most important nutrient our bodies need. It is vital for our respiratory, cardiopulmonary, endocrine, nervous and lymphatic systems. With all this being said it is the most overlooked aspect of our daily needs. This challenge is for anyone who wants to draw awareness to the power of breathing.

What Does The Challenge Entail?

The challenge lasts for 30 days, and involves taking 1 to 5 minutes daily to focus on breathing. Educational resources will be integrated within to support the challenge.

Engage

There is no cost for the challenge, and the program will be distributed via the CoachFit app and the Awesome Breathing app.