

HOW A STAY-AT-HOME DAD KICK-STARTED HIS HEALTHY AND ACTIVE LIFE-STYLE

JULY 2021

Here comes the story of Aaron of 41 years old, stay-at-home dad, who has two active, playful kids and is currently expecting the third one together with his loving wife. Aaron always enjoyed being active, and spending lots of time with his kids was an essential part of his life. But one day, something went wrong:

"Every day I spend a lot of time chasing my kids and doing stuff around the house. And some time ago, I found myself out of breath every time I was trying to follow my kids and being as active just like they are...That experience was very stressful for me and very unexpected because I worked out regularly and had a relatively healthy diet. I felt that my wellbeing was weakened, and I needed to do something about it."



THE PROFILE

Name	Aaron
Sex	Male
Age	41
Profession	Stay-at-home dad
Condition	Lack of breath while being active

For 20 years Aaron worked in manufacturing. And for the last four or five years while he was still working, he noticed that his breathing was becoming labored at work, while being exposed to a lot of different things that were in the environment.

"I was taking my condition seriously and was trying to do a little better as far as breathing is concerned for the last 3-4 years. Because I felt that it was labored and just felt like something needed to change..."

Aaron started trying to work out and do other things that would help him, as keeping himself in a good healthy shape and having healthy breathing was vital for him. He tried cardio first with the hope of regaining his breath. But besides losing weight, he wasn't getting the results that he thought he should get.

Aaron was also trying to do yoga. And a lot of times while practicing yoga, he would forget to focus and clear his mind and would not be breathing consciously.

All in all, after all his efforts Aaron was still having a hard time keeping his breath

HOW AIROFIT CAN HELP AARON

Airofit has a lot of exercises that can enhance your breathing. Some of the exercises focus on inhale (mainly diaphragm) and exhale (intercostal muscles) strength. Other exercises improve the operating range of your diaphragm, ensuring you can exhale more air at once, replacing it with new, oxygen-rich air. Some exercises focus on anaerobic threshold and also work as hypoxic training, improving CO2 tolerance in the blood vessels. Finally, a few exercises also work on breathing control, teaching you to be mindful of your breathing during a race and daily life.

AARON'S AIROFIT JOURNEY



Some years ago two members of Aaron's family suffered from a collapse of the lungs. They had to go through a respiratory therapist and experience the severe respiratory devices and technologies to restore their lungs' function. It was a challenging experience.

Remembering that, Aaron was very excited to see Aiروفит for the first time.

"For me it was very important to find out that the company was founded by the professionals in health technologies, including the breathing instructors on board. That was interesting for me as I felt that the health needs of the Aiروفит customers were taken seriously. And as well, I really liked the compact size and the device - it was amazing that the device which I can hold in my hand can completely change my life and get better lungs results."

When Aaron had his first session with Aiروفит, he was completely out of breath and totally wiped out. Making the first lung test also was quite difficult for him, but Aaron was optimistic, didn't give up and decided to move on with his daily training as he really wanted to be in a better condition and not to miss out on anything in his life.

AARON'S AIROFIT JOURNEY

Already after one week of exercising with Airofit Aaron felt that tiredness during the training started to disappear and he started to feel overall better.

"It was almost like a block that had been removed from my air passages" - says Aaron happily.

He felt he could do his workout without actually losing his breath. Whereas afterwards he felt a lot better. He didn't feel that he had to stand up straight and breathe to get ready for the next exercise. He felt that he could just go and do his workout. And he was also much more relaxed and was experiencing less stress because he started to feel that he was in control of his body and overall wellbeing.

Throughout the training process, Aaron was always following Airofit smart-app suggestions regarding his next workout based on his lung test and previous performance. He also liked to play golf, so therefore he used the golf module as well as part of his training.

He usually trained once a day. In the beginning he was training with Airofit for around 10 minutes a day while following his regular workout plan of training five days a week and having two days of rest.

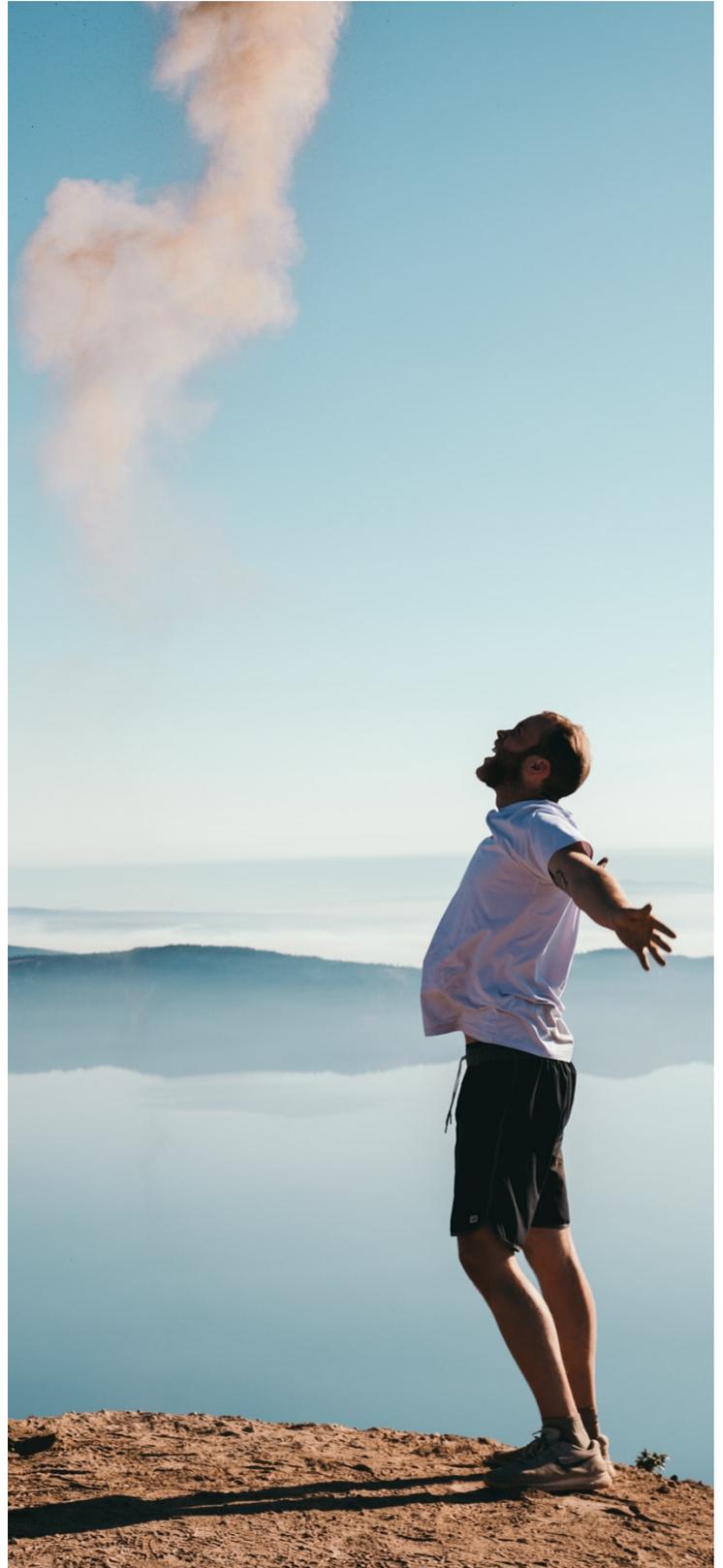
AARON'S AIROFIT JOURNEY

After a couple of months of regular training with Airofit

Aaron felt much more comfortable and decided to increase the duration of his daily breathing exercise up to 20 to 25 minutes.

As the aim was not to over-stress his body during the training, therefore he decided to keep the breathing training at the beginner level and continue doing one minute per exercise while regularly doing his lung test.

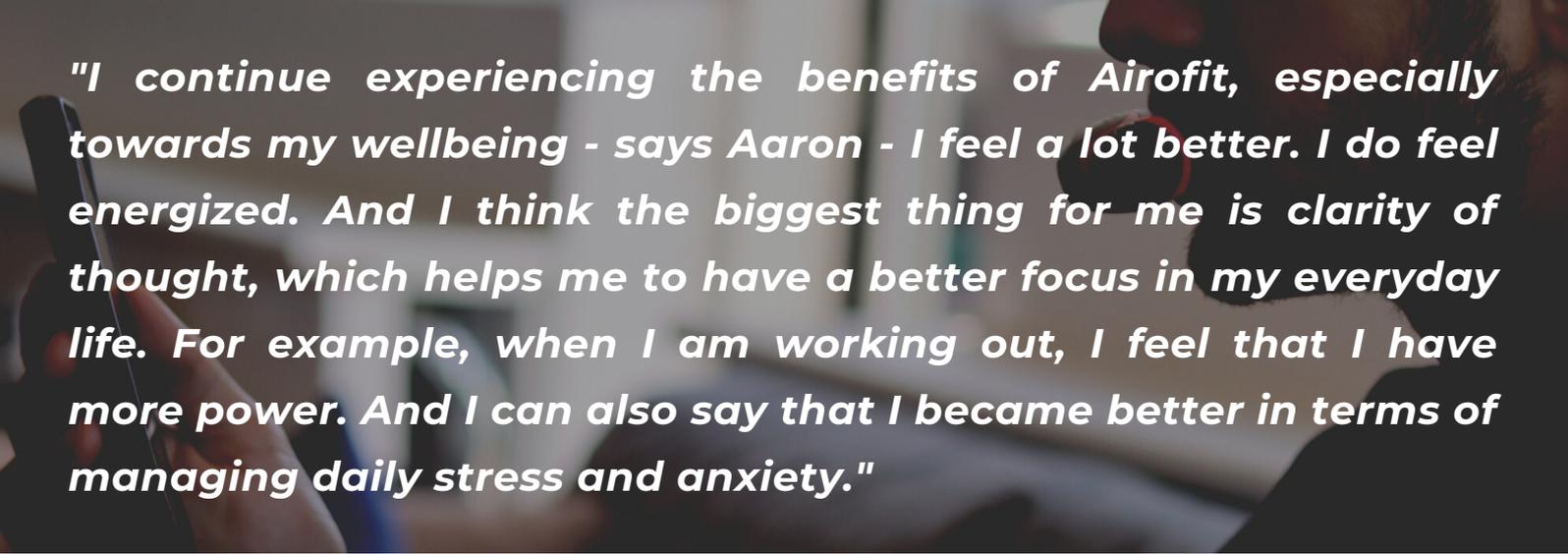
"I should say that exercising with Airofit is a lot more than you think it's going to be. It does an excellent job exercising you, and you feel great."



BENEFITS OF AIROFIT TRAINING

Gaining control of your breath is a positive step in improving your wellbeing. Airofit provides a simple and easy way to interact with your breathing. Simply follow the instructions in our easy-to-use app, and you will begin to breathe consciously without even realizing it. Also, when working with our device, you naturally pay more attention to how your breath enters and exits the body bringing a deeper awareness and helping you slow down, bringing balance and positive energy with every breath.

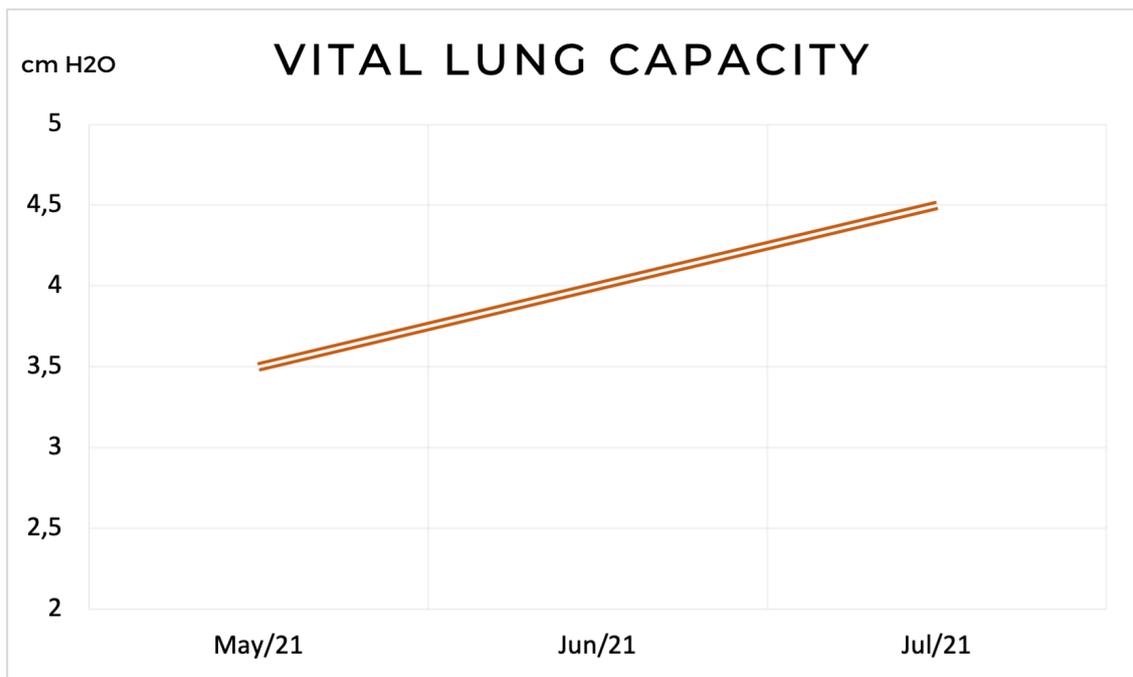
AARON'S AIROFIT JOURNEY



"I continue experiencing the benefits of Airofit, especially towards my wellbeing - says Aaron - I feel a lot better. I do feel energized. And I think the biggest thing for me is clarity of thought, which helps me to have a better focus in my everyday life. For example, when I am working out, I feel that I have more power. And I can also say that I became better in terms of managing daily stress and anxiety."

Just like any other muscle group, respiratory muscles can become stronger, faster, and more efficient, which directly correlates to a better O₂ uptake, increased vital lung capacity, and decreased metabolic reflex, therefore improving physical performance and overall wellbeing.

At Airofit we are focusing on the person's accessible vital lung capacity on a given day. The accessible vital lung capacity measures the maximal volume of air that one's lungs can inhale/exhale in one breath. It is recommended to take the lung test at the same time of the day and before the main meals.

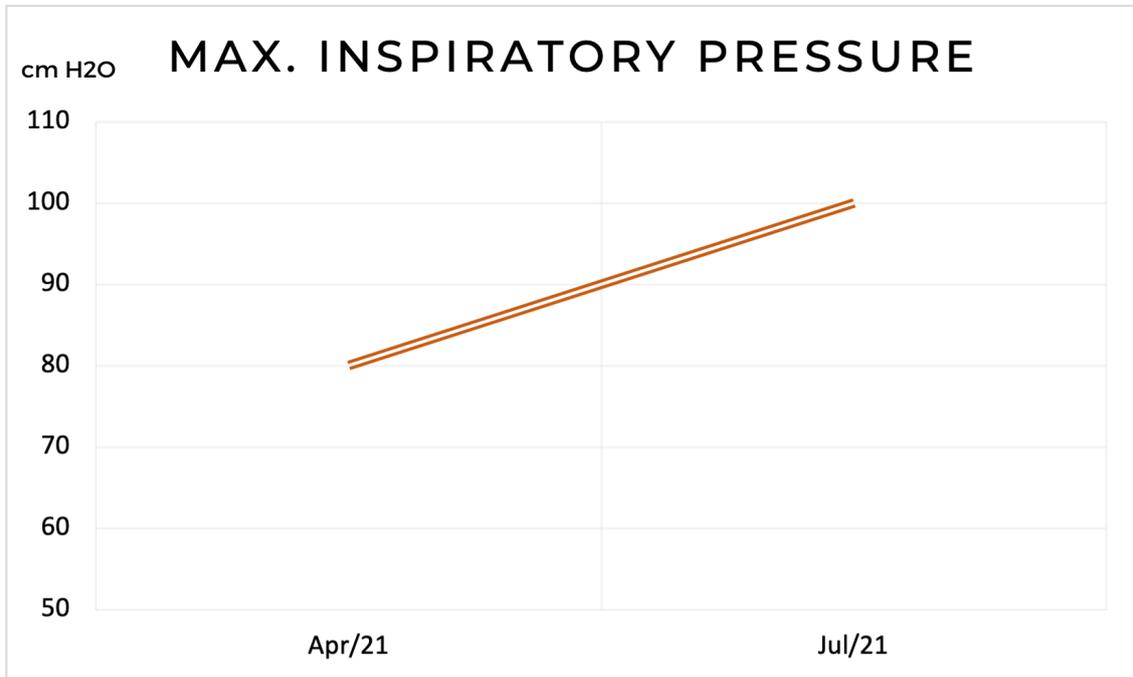


Aaron's VLC shows a positive increasing trend through his respiratory training with Airofit through the May - July period. In May Aaron's VLC was equal to 3.5 liters. When in July he already reached 4.5 liters. This means he has increased his VLC by 28,5%

There are numerous studies showing that one can increase his/her physical performance by training the inspiratory muscles. The graph below shows the development in the inspiratory pressure of Aaron.

AARON'S AIROFIT JOURNEY

MAX INSPIRATORY PRESSURE



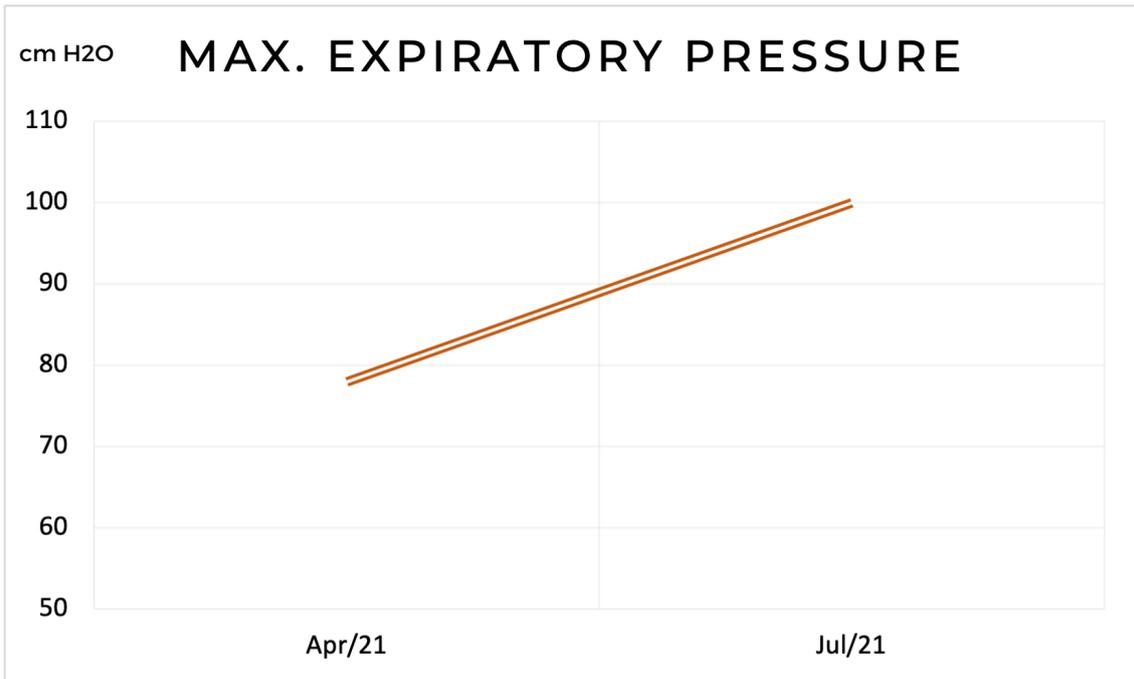
Since April Aaron's max. inspiratory pressure has increased by 25%.

Unlike most of the respiratory devices Airofit system also measures the expiratory strength. The lung test results on the expiratory strengths show how the maximal expiratory pressure one can release from the lungs.

The graph below shows the development in the expiratory pressure of Aaron.

AARON'S AIROFIT JOURNEY

MAX EXPIRATORY PRESSURE



Since April Aaron's max. expiratory pressure has increased by 28%.

SUMMARY



This article is an example of a user who trained his breathing without athletic purposes and yet significantly improved the quality of his life. Being able to take an active part in the life of his family as well as getting back to his healthy and active lifestyle was crucial for Aaron, and with the help of Airofit he claimed he managed to do so:

“I can actually enjoy my life much more now. I can spend my time with my kids with no obstacles. I can carry them while I'm running with them. It is absolutely great! My wife made a comment to me the other day about how much energy I have. I am so happy now with these opportunities!”