



# INSPIRATORY MUSCLE TRAINING FOR ATHLETES

## Do you work with athletes?

Do you train their breathing? If not, why not? If so – have you added Inspiratory Muscle Training to their program? IMT is backed by research that shows individuals benefit from improved performance, faster recovery and decreased breathlessness in a wide spectrum of sports. IMT is easy to implement, affordable and has few side effects. This 3-hour workshop will cover the evidence behind IMT as well as how to implement it with your athletes. Cost is \$175+gst.



Breathe Well Physio  
Breathe Well Move Well Be Well

**Learn about  
Inspiratory Muscle  
Training**

**Ideal for Trainers,  
Coaches, PT's**

**If you work with  
athletes, you need to  
know about IMT**

**Course includes your  
own IMT device**

**Limited to 8  
participants!**

**BREATHE WELL PHYSIO**

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Calgary  
587-355-3200

[www.breathewellphysio.com](http://www.breathewellphysio.com)

May 7<sup>th</sup>; 6-9pm