

Breathing Exercises Gaining Fast Popularity With Salt Lake Seniors

More than 300 Salt Lake seniors have enjoyed a Healing Exercise class this year from local instructor Tommy Kirchhoff. With emphasis on deep breathing and relaxation, these seniors are realizing the vast difference between strength exercise and breathing exercises, which are clinically proven to benefit hundreds of health issues.

Tommy Kirchhoff taught in Park City for six years and had hundreds of students there. He moved to Salt Lake in 2009.

Kirchhoff says, "Salt Lake County Aging Service asked me to instruct two large trainings for their Senior Companions and Foster Grandparent programs. My teacher and I have been teaching seniors for a long time, so I knew these trainings would be popular."

On February 17th, Kirchhoff taught about 80 of Aging Services' Senior Companions in the Salt Lake County Council chambers, and on February 25th, he taught about 80 of their Foster Grandparents.

"The response from both trainings was just awesome," says Kirchhoff. "Almost immediately, I was asked to attend a health fair at the 10th East Senior Center on March 23rd. I thought I would just be talking to folks stopping by my table, but the center set up chairs in class formation, and suddenly I had a huge group wanting me to teach breathing exercises."

Kirchhoff continues:

"The Kearns Senior Center followed suit right away with a class on April 4th. The turnout was impressive, more than fifty seniors attended. Initially, they seem confused about the conflict of what I'm telling them-- that strength exercise actually does damage to the body. But when I start talking about breathing deeply, they all seem to acknowledge that their breaths are short, almost like panting; so it makes perfect sense to take the time to breathe deeply."

Kirchhoff taught Healing Exercise at River's Bend Senior Center on May 14th; at both the new Millcreek Center and the Mt. Olympus Senior Center on May 17th. Kirchhoff was asked to return to the Mt. Olympus center for a health fair on May 30th.

Kirchhoff will attend Salt Lake County's health fair on June 15th; this fair will be outside between the two county buildings.

For more information, please contact Tommy Kirchhoff at 888-278-6028 or visit www.HealingExercise.org

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