

Version A:

How breath training helped Emmans reduce Long Covid symptoms

Version B:

How Emmans got his life back after fighting Long Covid



Meet Emmans, a dedicated 40-year-old IT professional from the Philippines. As a loving husband and father of two little kids, he cherishes his role in both his family and professional life. Emmans is also deeply committed to maintaining his health and fitness as he prioritizes cycling four times a week. However, his life took an unforeseen turn when he tested positive for Covid, challenging his pursuit of living life to the fullest:

“Taking even 5 steps on the stairs, I had to hold the wall. Standing for too long made me breathless. I was not used to this feeling and I was close to giving up!”

The profile

Name: Emmans

Age: 40

Family status: Married, has two young children

Occupation: IT professional & business owner

Hobbies: Biking, Playing the guitar, Singing and spending time with family

Condition: Long Covid Symptoms

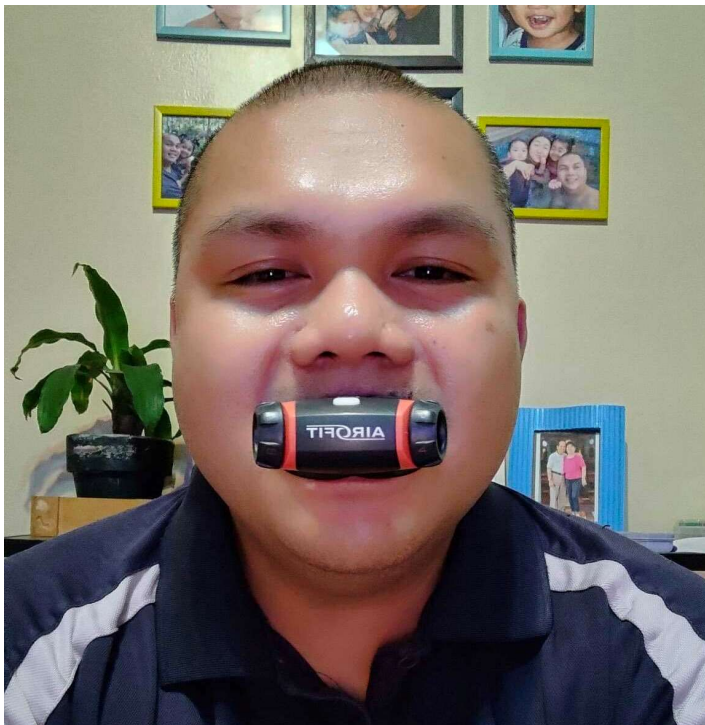


The Long Covid story

Emmans caught Covid pretty early and had to quarantine for 21 days. He got the cold, fever and cough, but on day 30, his condition worsened. The oxygen level went down to 81% and he got hospitalized: **“This was very new to me. I know my comfort level and what I’m capable of with my lungs”**.

After a few days of proper medication, he was able to breathe without the supplemental oxygen. But the problem was the test result from the spirometer.

“My first test showed 500 ml of the active lung capacity. That’s really low and I needed to help my lungs to exercise. During my hospitalization everyone focused on healing. Nobody focused on rehabilitation or warned us about Long Covid”



The Airofit journey

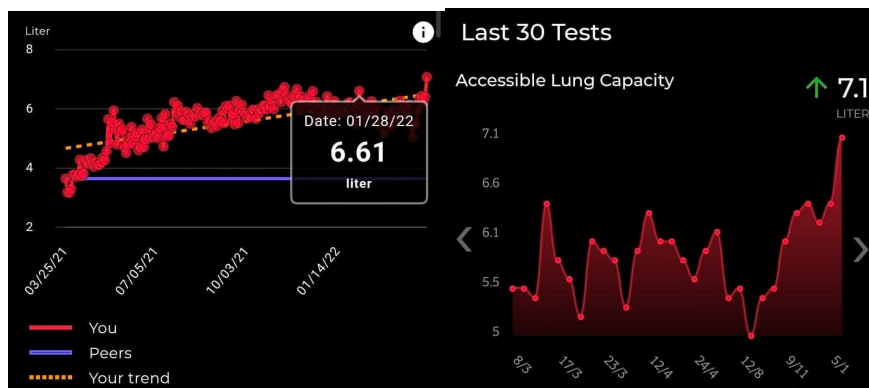
After being hospitalized for two weeks, Emmans really wanted to get his life back. Having a heart rate of 180 bpm and being out of breath during any move led him towards depression. He was almost giving up. Then he spotted Airofit and made a plan to take the rehabilitation from Long Covid into his own hands. He ordered Airofit and took the initial test. The app measured 1.2 L of accessible lung capacity. He admits that the training wasn't easy, but tracking the changes in the metrics kept him motivated along his journey.

“If you really follow the program, you can see the progress every two weeks. Once you see the increase of your accessible lung capacity, you get the motivation”

It took Emmans around 4 months to get back on track and he's currently measured 7.1L in accessible lung capacity. That's an amazing progression!

“I think that without Airofit, it might have been 6 months to a year to recover. Once I shared the story with my community, they also confirmed that exercising helped them to recover”

Commented [KT1]: with Airofit?



Screenshots from Emmans' Airofit App

But the best part is that Emmans now feels even better than before Covid. He began biking again and with no need to catch his breath. His stress levels and blood pressure decreased while his heart rate went back to normal.

Emmans believes that our body heals itself and recovers. The technology assists well and there should be no excuse. And no need to lose hope!




Emmans's testimonial on Facebook!

"Great job Airofit! This device helped me (my lungs) recover from Long Covid effects 😊"

During Covid, my Lung Capacity was less than 1L. Once I was healed after 1 month, my lung capacity was 2.5L. Normal Lung Capacity for male is 5.5L. Anything above is considered athletic. Now I'm at 7.2 Liters.

Good product, service and warranty services. Thank you and God bless my friends in Airofit Denmark.” (Jonnah Emmans Lazaro Nana, January 11th 2023)

[Link to our Long Covid Page](#)

 **Jonnah Emmans Lazaro Nana** 11 Jan · 🌐

Great job [Airofit SA](#) ! This device helped me(my lungs) recover from Long Covid effects=)

During Covid my Lung capacity was less than 1L(800). Once I was healed after 1 month, my lung capacity was 2,500 Liters(for 2 months).

Normal Lung capacity for male is 5.5 Liters. Anything above is considered Athletic. Now I am at 7.2 Liters!

Good product, service, and warranty services. Thank you and God bless to my friends in Airofit Denmark.

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