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Superhuman diver teams up with health-tech startup to battle Corona

A number of recognized doctors and specialists are advocating that respiratory training can ease the impact of Covid-19. Danish health tech company Airofit and acclaimed diver and respiratory trainer, Stig Severinsen are joining forces to help chronic patients and elderly while trying to ease the strain on the healthcare system.

Renowned professor of respiratory physiology, Alison K. McConnell has researched the benefits of respiratory muscle training. According to her, it is possible that respiratory training might increase the chance of surviving Covid-19 for elderly and vulnerable patients. At the same time, respiratory training in the group may ease the pressure on intensive care capacity and the need for ventilators in particular.

“Based on an abundance of existing research into the benefits of respiratory muscle training for patients with lung and/or heart disease, it is reasonable to assume that strengthening your breathing muscles now, makes it less likely you would require intensive care (mechanical ventilation) if/when you become infected with COVID-19. This would mean a reduction in the demand for mechanical ventilation within the healthcare system, freeing-up a scarce resource. More importantly for you, not requiring mechanical ventilation makes it much less likely that you would not survive COVID-19 infection.”, says Professor Alison K. McConnell

Airofit is a Danish health tech start-up who manufactures and sell advanced devices for respiratory training. Stig Åvall Severinsen, MSc Biology & PhD Medicine, 4x Freediving World Champion, holds a number of Guinness World Records and was chosen “The Ultimate Superhuman” by the Discovery Channel.

The two are now joining forces to find a way for vulnerable patients to train their respiratory muscles before falling ill with Covid-19.



Stig was the first human to hold his breath under water for more than 20 mins



The Airofit basic will be provided to care services at cost price

“Right now, we are all scrambling to see how we can contribute to a solution. We know how big a difference respiratory muscle training makes for asthma and COPD patients. We are just a small health tech company but if we can make a difference for the vulnerable patients and help our health care system, it has to be our first priority in this time of crisis”, says founder and CEO, Christian Tullberg Poulsen.

Stig Åvall Severinsen is behind the health and training platform, Breatheology and has worked with chronic patients as well as training Danish Special Forces for many years. He hopes that many will listen to the advice on respiratory training.

“I have seen Post-Polio and Lyme Disease patients, sentenced to a life of sitting still, get up and walk after training their respiratory muscles. All my accomplishments have been achieved through better breathing. If we can provide a tool that empowers people to do something to better their odds all the while reducing stress and anxiety, I simply have to drop everything else”, says Stig Åvall Severinsen.

The team donated 5.000 clinical devices in Denmark and are looking to provide the health care sector with their basic device at cost (Non-profit). Training instructions are included with each Airofit and additional training videos and materials will be provided for free through www.breatheology.com The website will also provide a free electronic copy of the book: “Breatheology: The Art of Conscious Breathing”

Request for Airofit-Basics at cost price can be made by legitimate representatives of the health care sector, senior citizens organizations etc. directly to the company via www.airofit.com

Further information, please contact: Rasmus G. Kristensen (+45) 2218 4156 or rasmus@sensumconsult.dk