

Peer Review

Review of: "Nafas: Breathing Gymnastics Application"

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Nafas: Breathing Gymnastics Application is designed to guide users in effective breathing exercises to promote relaxation, improve lung capacity, and enhance overall well-being.

While the app performs well, it could benefit from additional features such as customizable routines, progress tracking, and integration with wearable devices to monitor real-time metrics.

Overall, Nafas is a promising application that provides valuable resources for breathing gymnastics. With a few enhancements, it could become an indispensable tool for users seeking to improve their respiratory health.

Declarations

Potential competing interests: No potential competing interests to declare.