

Breathe Deep for Lung Health

Helpful Tips for Maintaining Healthy Lungs

Did You Know

America spends approximately \$10.3 billion dollars a year on lung cancer treatments.

References

1. <http://womenshealth.gov/publications/our-publications/fact-sheet/lung-disease.html#>
2. <http://www.rush.edu/rumc/page-1282236970456.html>
3. <http://kidshealth.org/kid/htbw/lungs.html#>
4. <http://womenshealth.gov/publications/our-publications/fact-sheet/lung-disease.html#>
5. <http://www.lung.org/your-lungs/protecting-your-lungs/>

MOST PEOPLE TAKE THEIR LUNGS FOR GRANTED

Healthy Lungs are Key to a Healthy Life

Lungs are an essential part of the respiratory system and sometimes it's easy to forget to take care of our lungs. Lung disease affects millions of people worldwide. There are a few diseases that fall under the Lung disease umbrella, including Asthma, Lung Cancer, Influenza, and Chronic Obstructive Pulmonary Disease (COPD).

Keeping your lungs healthy is a daily process. One of the easiest ways to keep your lungs healthy is to not smoke, but there are also a number of exercises that can help you condition your lungs to maintain your lung health.

Exercises for Lung Health

- On average the lung is only used to half its capacity, you can take deep breaths to fully expand the lungs.
- Count your breaths. By counting the length of a regular inhale you can extend your regular breathing by controlled exercises, increasing your breath by a second at a time.
- Maintain good posture, the lungs are soft organs; they take up as much room as they are given.
- Laugh it up. On top of being a great exercise, laughing can increase your lung capacity.
- Stay hydrated; being hydrated helps keep the mucosal lining in the lungs thin which helps it work to the best of its ability.
- Be Active. Moderately intense exercise at least three times a week can be a benefit to your health in three ways: healthier lungs, healthier heart, and more energy. Start with a brisk 20 minute walk to better cycle the air in your lungs.

Exercising your lungs is simple and something that can be practiced daily. For more information about Lung Disease; or to connect with a specialist in your area, visit American Lung Association's Lung Helpline page.

(<http://www.lung.org/about-us/lung-helpline.html>)