

## BREATHE DEEP: LUNG HEALTH

### Most People Take Their Lungs For Granted

#### Healthy Lungs are Key to a Healthy Life

Lungs are an essential part of the respiratory system however; it is easy to forget to take care of our lungs. Lung disease affects millions of people worldwide.

We often don't consider the important role our lungs play in keeping us strong and well. It's not until we experience problems breathing that we take notice. But the truth is, like the rest of our body, our lungs need daily care and attention.

Breathing feeds oxygen to every cell in the body. Without sufficient oxygen, people are more prone to health problems, including respiratory illnesses, chronic obstructive pulmonary disease (COPD) and even heart disease.

This resource is intended to help educate your patients on the importance of lung health and lung exercises that can help maintain overall lung health.

#### Exercises for Lung Health

Ordinary, everyday breathing isn't enough to keep the oxygen flowing through the body at peak levels. Here are a few exercises that you can perform to maintain your lung health:

- **Take deep breaths:** on average the lung is only used to half its capacity, take a series of 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: <http://www.lung.org/about-us/lung-helpline.html>

*Did You Know?  
American's Spend More  
Than 10.3 Billion Dollars  
on Lung Treatments  
Annually*

#### References

<http://womenshealth.gov/publications/our-publications/fact-sheet/lung-disease.html#/>

<http://www.rush.edu/rumc/page-1282236970456.html>

<http://kidshealth.org/kid/htbw/lungs.html#/>

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<http://www.lung.org/your-lungs/protecting-your-lungs/>