

Connect WITH Your World

# Breathe healthy

Take a slow, deep breath while counting to 5. Now blow it out slowly to the count of 5. Isn't it amazing how the simple act of taking a breath can make you feel calm? You have your lungs to thank. Together, they provide oxygen for every cell in your body and influence every part of your health. When your lungs are healthy, the rest of you can be too. But unhealthy lungs make everyday activities a struggle.

To breathe easier, protect your lungs from irritants like cigarette smoke and pollutants, exercise for optimal lung health, and practice deep breathing to exercise your lungs.

