

You're Built for Good Health

You're built for breathing

Focusing on your breathing is a great way to destress and reduce anxiety. Next time you need to calm down, simply pay attention to your breathing. Count your inhalations and exhalations.

Your lungs are vital to living, and you need strong ones to live a healthy life. Whether or not you use tobacco, there are ways you can improve and protect your lungs:

- Don't smoke or use tobacco, and avoid secondhand smoke whenever possible.
- Protect yourself from air pollution. Pay attention to the "air quality index" where you live. Stay inside during high-ozone days.
- Buy a radon kit to test your home. Next to tobacco use, radon exposure is the second-leading cause of lung cancer.

