

ON THE ROAD TO Better Breathing

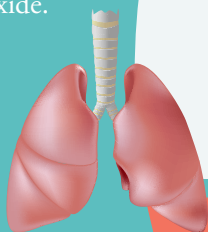
Take steps to keep lungs clear and healthy.

DON'T USE TOBACCO 1

Stay away from all tobacco products and avoid anyone who smokes.

Why are lungs so important?

Lungs keep all your organs functioning well by taking the oxygen you breathe and transporting it through your bloodstream to all parts of your body. Then, it disposes of unwanted carbon dioxide.



3 REDUCE ENVIRONMENTAL TOXINS

Buy non-toxic cleaning supplies and all-natural pesticides to reduce exposure to any harmful chemicals that can affect the health of your lungs.

2 BUY HOME TESTS

Buy kits from the hardware store to test for dangerous substances, such as radon. Also, keep updated smoke and carbon monoxide detectors in your home.



4 PURIFY THE AIR

Buy houseplants, such as a Peace Lily and English Ivy, to put in your home. They help to purify the air from some toxins. Also consider using air purifier devices.

5 MOVE YOUR BODY

Get regular exercise and movement, doing at least 30 minutes of cardiovascular exercise on most days. This helps keep lungs strong and working at full capacity.

