

Three Ways to Look After Your Lungs

presented by



Exercise



Regular physical exercise can help keep your lungs healthy

How does it affect my lungs?

- Exercise increases muscle strength, making them more efficient
- This means your muscles require less oxygen and produce less CO₂
- This reduces the amount of air you need to breathe and pressure on your lungs

Tips and advice

- Try running, swimming or cycling to get 30 minutes of moderate exercise 5 days per week
- It is important to warm up muscles before exercise and cool down afterwards and to allow your breathing to return to normal

Nutrition

How does this affect my lungs?

- Eating well provides the energy you need to breathe
- It promotes your immune system to help prevent and fight infection
- It helps to maintain a healthy weight which is good for your lungs

Tips and advice

- Eating well involves a combination of different food types
- Use tools like the Food Pyramid for guidance on how to balance your diet



Eating well plays a big role in maintaining healthy lungs



Smoking causes severe long-term damage to your lungs

Don't Smoke

How does this affect my lungs?

- Smoking damages the airways and causes chronic cough
- It can lead to severe lung disease such as COPD (Chronic Obstructive Pulmonary Disease) and Lung Cancer
- For people with asthma, smoking makes the symptoms worse and increases the risk of an asthma attack

Tips and advice

- Don't smoke and if you do, give up
- Help is available - use it and you're twice as likely to be successful - go to Quit.ie
- If your first quitting attempt is unsuccessful, try again

For more information visit www.lovinourlungs.ie

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