



PRACTICES TO SUPPORT YOUR LUNG'S HEALTH

Minimize your exposure to pollution by wearing protective masks.



Do not go to crowded places during the flu season to avoid contracting any infection.



Incorporate exercise in your daily routine to strengthen the lungs and increase their capacity.



Get vaccinated against influenza and other infectious diseases that may damage the lungs.



Avoid smoking and second-hand smoke, which can make breathing harder.



Eat nutritious food for immunity and protection against respiratory illnesses.



References:

1. Protecting Your Lungs; American Lung Association
2. Protecting Your Respiratory System; Balance Health And Wellness Resources
3. Nutrition and COPD; American Lung Association
4. Antioxidant-Rich Foods For Lung Health; Pulmonary Fibrosis Now