

HOW TO HEAL YOUR LUNGS

HERE ARE SOME THINGS YOU SHOULD DO FOR YOUR LUNG HEALTH



1

Exercise



2

Eat fruits & vegetables



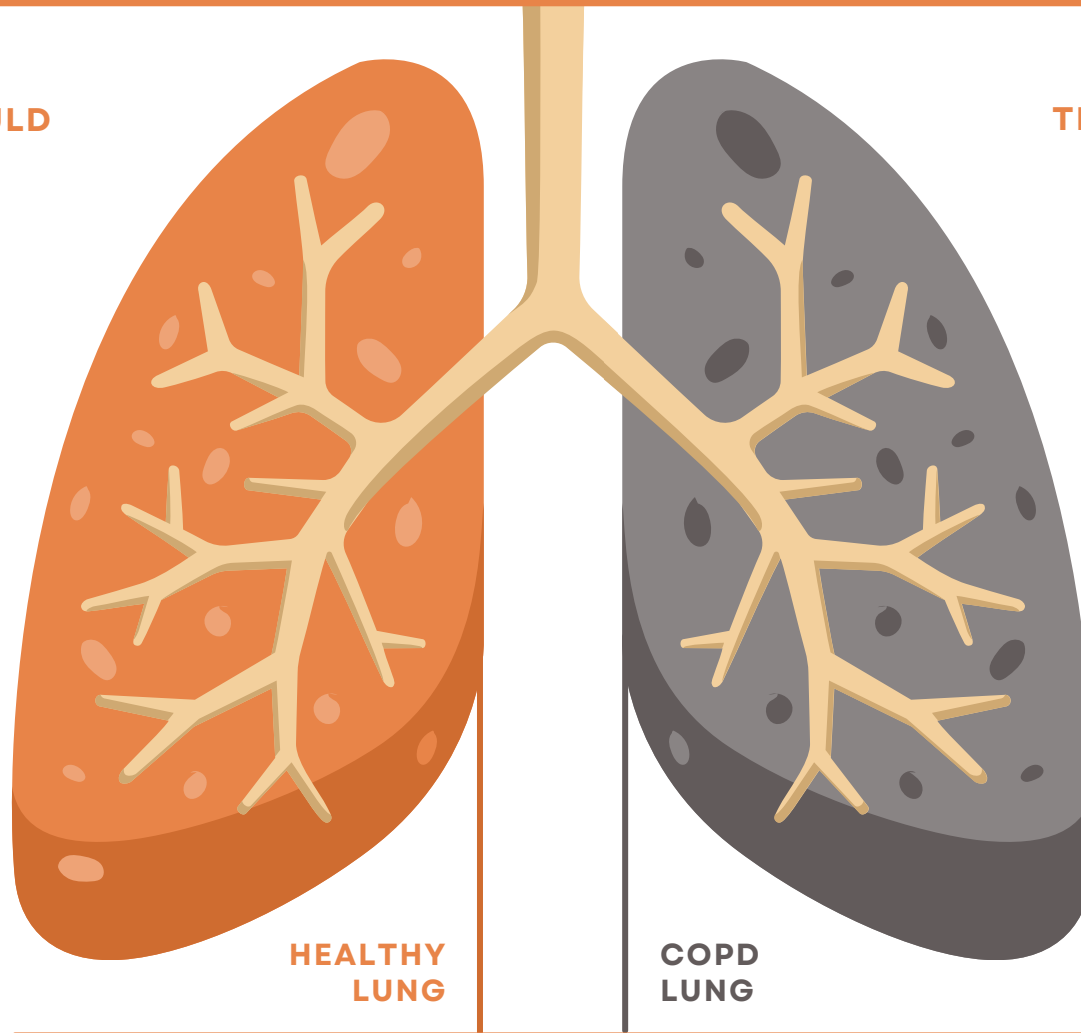
3

Breathe clean fresh air



4

Stay hydrated



HEALTHY LUNG

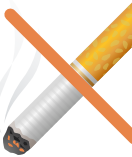
COPD LUNG

HERE ARE SOME THINGS YOU SHOULD AVOID FOR YOUR LUNG HEALTH



1

Smoking



2

Gain body fat



3

Eat processed meats



4

Be exposed to air pollution



YOUR DAILY CHECKLIST TO HEAL YOUR LUNGS

- No smoking
- 5+ fruits & vegetables daily
- Avoid processed meats
- 30 minutes of moderate aerobic exercise
- Avoid exposure to air polluting agents, such as cars, trucks, factories, etc

