

# Love Your Lungs

Top tips for keeping your lungs healthy from



Our lungs play an important role in keeping us healthy and well.



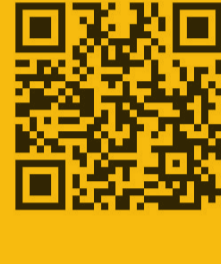
The fact is, like the rest of our body, our lungs need daily care and attention. Simple things like keeping active, watching your posture and staying hydrated can help keep these vital organs in good condition.

In this short guide, you'll find our tips for living a more lung-healthy lifestyle from the types of exercise to focus on, to the foods your body needs for optimal lung function.

Check-in with your lungs

Do you know how healthy your lungs are?

[Click here](#) to take our interactive Lung Health Checklist, or scan QR code



## 5 WAYS TO PROTECT YOUR LUNGS



Don't smoke



Avoid pollution



Get active



Eat healthy



Get regular check-ups

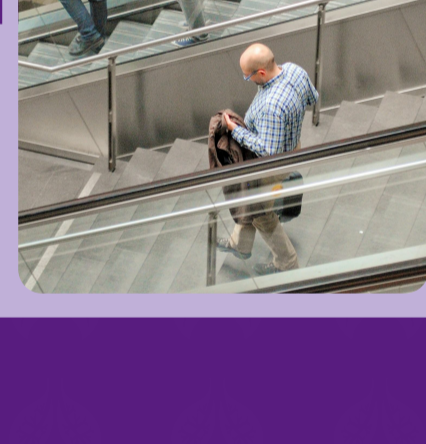
## Lung-Healthy Exercise Tips

A healthy and well-balanced diet and adequate nutrition are important in keeping as well as possible, whether you're living with a lung condition or not.



Set aside time each day to **exercise**, choosing a time when your energy levels are high.

**Take the stairs** instead of the lift or get off the bus a stop earlier and walk to your destination.



Choose an **activity you enjoy doing** and if you need some extra motivation, ask a family member or friend to join you.

Aim to exercise for at least **30 minutes a day**, breaking this down into 3 x 10-minute sessions if you need to.



## Lung-Healthy Diet Tips



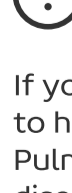
Drinking plenty of **water** won't just keep you hydrated, but it will help to keep your mucous thin, decreasing your risk of developing a chest infection.

Try to eat two servings of **fruits**, and five servings of **vegetables** a day.



Some research suggests a **high-fibre diet** can help prevent reductions in lung function. Fibre can be found in fruits, vegetables, legumes, nuts, and wholegrain foods such as brown rice, oatmeal, and couscous.

**Omega-3 fatty acids** have a range of benefits, including lowering blood pressure and lowering triglycerides. Omega-3 can be found in salmon, sardines, mackerel, herring, or an omega-3 supplement.



This is NOT medical advice, and you should seek the advice of your doctor before starting an exercise regime or new diet.

If you are currently living with a lung condition, we have a range of resources to help you stay lung-healthy. Specialised exercise programs such as Pulmonary Rehabilitation and Lungs in Action help people living with a lung disease stay active in a safe and friendly environment. These programs can also assist you with resilience, mindfulness and emotional support.

[Exercising With A Lung Condition](#)  
[Better Living With Exercise Booklet](#)  
[Pulmonary Rehabilitation Program](#)  
[Lungs In Action Community Exercise Program](#)  
[More Resources On Exercising With A Lung Condition](#)

### References



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