

## HEALTHY LUNGS ARE HAPPY LUNGS



How do our lungs function? We breathe in to provide oxygen to our cells and muscles, and breathe out to expel the waste. But hours of sitting and poor posture can interfere with our breathing and sap us of energy. Straighten up and try Belly Breathing and notice the difference!

- Start by standing or sitting tall and lift your chest
- Exhale and place a hand flat on your belly
- Inhale through your nose, allowing your belly to expand and feel your hand rise
- Exhale very slowly through the mouth
- Repeat 2 more times

***Move often throughout the day and practice Belly Breathing to reduce stress, refresh and reenergize!***

## FOODS FOR EASY BREATHING



Did you know that certain nutrients can promote lung health? Eating a diet rich in whole foods will help you breathe easier! And the following foods are stand-outs when it comes to optimal lung health.

**Apples:** Apples contain flavinoids, vitamins C, E and beta-carotene, linked to good lung health.

**Fish:** Fish provide Omega-3 fatty acids that contribute to heart health and lung function.

**Red Bell Peppers:** Peppers contain carotenoids; powerful antioxidants that contribute to lung health

**Fluids:** Healthy hydration helps keep lung mucosal lining thin. Drink mostly water.

*Eating a proper diet of healthy whole foods helps to decrease inflammation throughout the body.*

## FIT TO BREATHE



### *Exercise is Good for Your Lungs!*

Exercise helps to strengthen the breathing muscles and increases the oxygen uptake in the lungs. And having a healthy lung capacity helps to make our day-to-day tasks easier. What kind of exercise should you do?

- Get an aerobic workout where you breathe deeply and break a sweat 3-5 times per week for at least 20 minutes. Eg. brisk walk, run, bike, swim, group exercise
- Build more intense heart-rate boosting activity into your day: Take the stairs often, go for short power walks, jog on the spot during TV commercial breaks.

*Wearable technology such as Fitbit or Garmin is a great way to motivate yourself to move!*

*Share your best practices on social media at #TriFitBreathe*