

BETTER BREATHING



CHECKLIST FOR HEALTHY LUNGS

LIFESTYLE

Keep active and exercise regularly



Eat a balanced diet



Be smokefree



Reduce your stress levels



Physical activity improves lung capacity, blood flow as well as your muscles and joints. Maintaining a healthy weight is important, as obesity can have serious effects on the lungs and breathing.

ENVIRONMENT

Living in a dry and warm environment is good for everyone, and is vital to reduce the risk of respiratory disease. Making your home dry, warm and pollution-free can also save you money and energy!

Air out your house on fine days



Use extractor fans to remove moisture



Use an electric or flued gas heater



Insulate ceilings and floors



Make your home smokefree



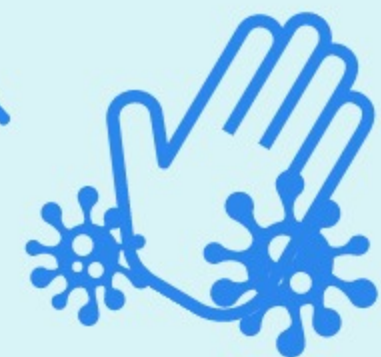
Remove mould and repair any leaks



Wipe away any dust or condensation



HEALTHCARE



Get a flu vaccination every March



Take medications as prescribed



Visit your GP regularly



Always wash hands to reduce germs



It is important to build a partnership with your GP and nurse and follow their advice. A self-management plan is important for effective management for those with asthma or chronic obstructive pulmonary disease (COPD).

Asthma and Respiratory Foundation NZ is a not-for-profit organisation committed to those affected by asthma and other respiratory illness.

For more resources, to get involved or to donate visit asthmaandrespiratory.org.nz or call 04 499 4592

**Asthma
+ Respiratory**
FOUNDATION NZ