**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.