



Having a poor lung function  
= more likely to get chest infections  
= less physical activity  
= decrease in fitness  
= increase in weight  
= increase in BP & cholesterol  
= NOT GOOD!!!

### WAYS TO IMPROVE YOUR LUNG FUNCTION

#### POSTURE

- Sit up straight; slouching decreases your lung capacity.
- Set reminders on your outlook express or e-mail every 30 minutes to remind you to sit up straight!
- Make sure your desk is set up correctly – especially your computer screen and the position of your keyboard.
- Strengthen your core – the stronger your abdominal and back muscles are, the better your posture will be!



#### BREATHING EXERCISES

- Diaphragmatic breathing – place one hand on your chest, and the other hand over your diaphragm



- Take a deep breath in and make sure that only the bottom hand moves!
- Blow up balloons or blow bubbles
- Forced coughing – take a deep breathe in, and when
- you breathe out, give a big cough

#### UPPER LIMB & CHEST EXERCISES

- Take regular breaks away from your desk. Get up, walk around, swing the arms and rotate your spine from side to side.

#### PHYSICAL ACTIVITY

- Getting more active will help improve your lung function!