

When I run, jump, or sing **I'M EXERCISING MY LUNGS** and making my body stronger!



Whenever we
take big breaths
during exercise or
making music, we
help our body
stay strong and
healthy – even
our lungs!



Funding for this project was provided by the Missouri Department of Health and Senior Services, through the Health Disparities Program Office, contract #DH230052264. This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by CDC/HHS, or the U.S. Government.