



Show Me **STRONG** **LUNGS**

Hi! I'm Max! My little sister Lucy and I would like to share what we've learned about keeping our lungs healthy and strong!



Exercise helps all parts of my body stay strong – even my lungs!

I can exercise my lungs in lots of ways. Running, jumping, and swimming are all great ways to make my lungs stronger.



When my sister blows bubbles or blows out her birthday candles, she is exercising her lungs!

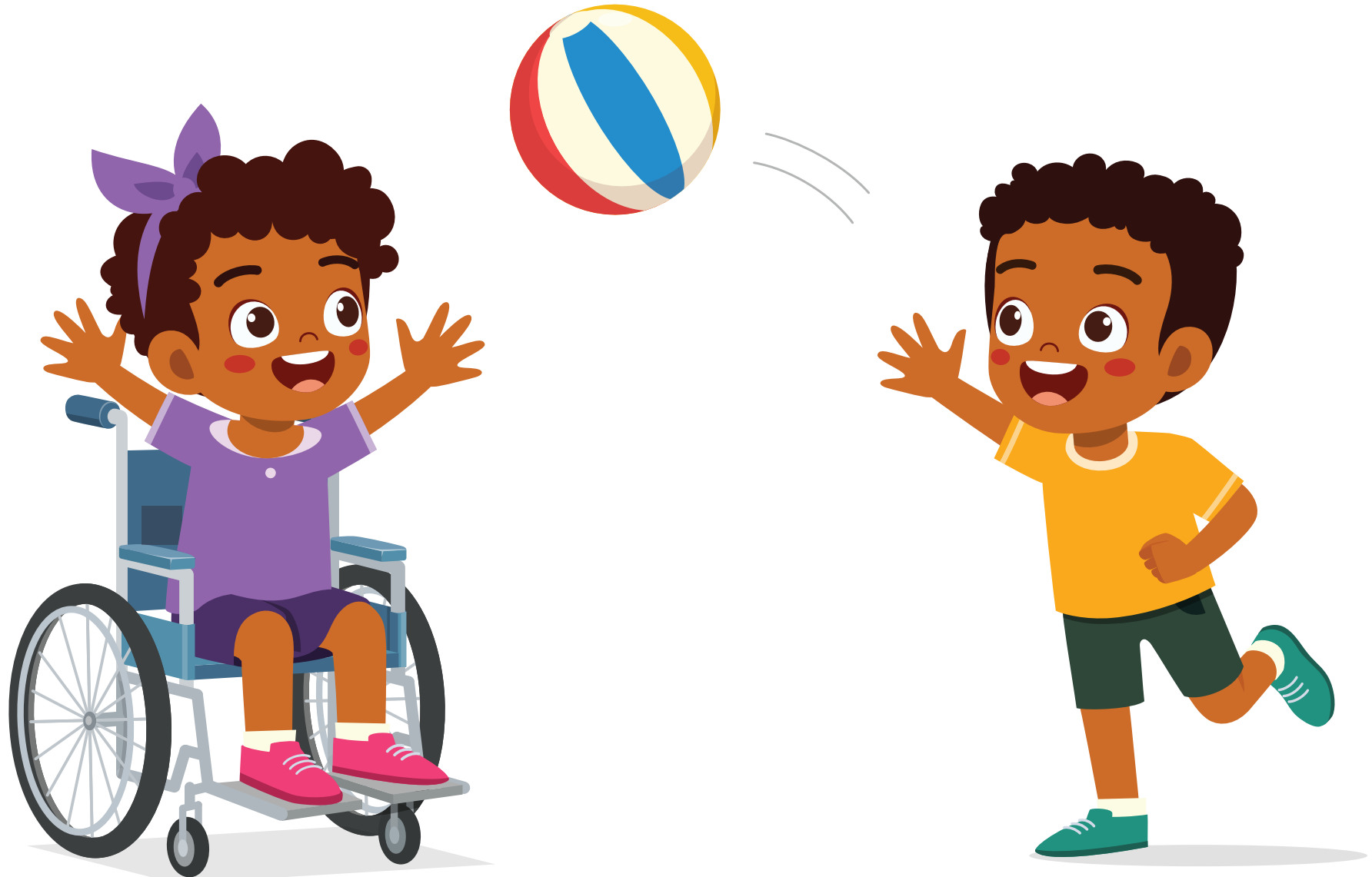


It's also fun to use my breath to make music. When I sing or blow air through an instrument I am using my lungs.

When I do this most days, I'm building bigger, stronger, and healthier lungs.



Breathing fresh, clean air helps keep our lungs healthy and strong.



When I cough, it can be a sign that my lungs are not healthy or I'm near dirty air. Chemicals, sprays and smoke can hurt my lungs. Even perfumes and scents can make it harder to breathe. Move away and find fresh air.



When my lungs need help, it can be hard to run, jump and play. If this happens, it can be scary. I stop, rest and tell an adult.



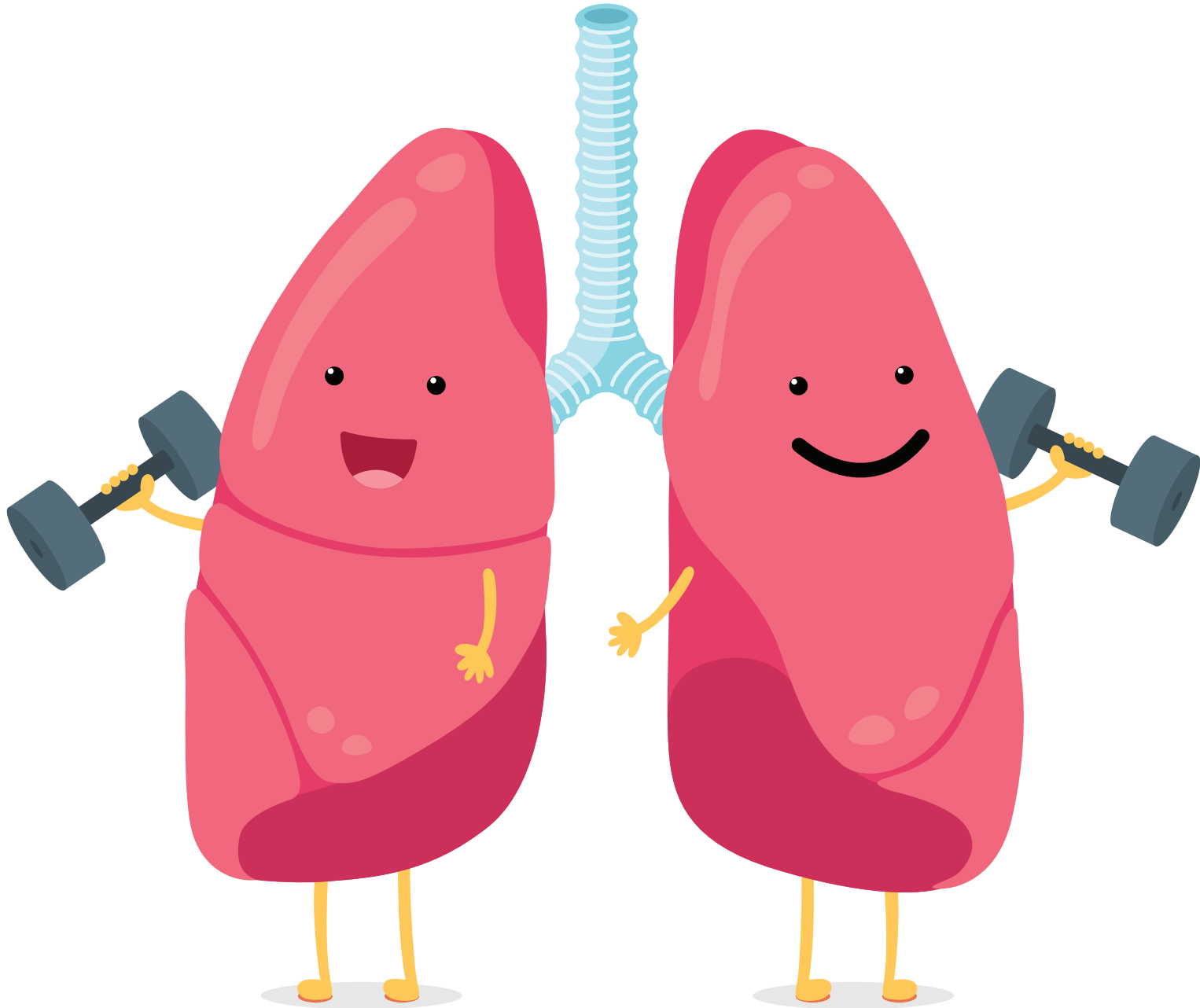
If I'm coughing a lot or if I'm breathing hard, I visit my doctor because breathing problems can be serious.



This is how we keep
our bodies and lungs
healthy and strong!



Happy, healthy, strong lungs!





Learn more about
being a Show Me Strong Kid at
Showmestrongkids.org