

Health and Wellness



What is the best breathing exercise to increase lung capacity?

Sit up straight — good posture can help promote lung movement. Breathe in deeply through the nose in a slow, controlled fashion. Purse the lips — they should be almost touching, as when making a “kissing” gesture. Breathe out through pursed lips — ideally, the exhalation should be twice as long as the inhalation.

What is the best exercise for lungs and breathing?

Aerobic activities like **walking, running or jumping rope** give your heart and lungs the kind of workout they need to function efficiently. Muscle-strengthening activities like weight-lifting or Pilates build core strength, improving your posture, and toning your breathing muscles.

Spending 30 minutes a day, 5 days a week doing some endurance or aerobic activities is great for improving lung function and health. Your Board has over 70 activities for you to participate in. Many are activities that will work your body and lungs. The side benefit is that you will meet new friends and have fun while you keep your lungs and body healthy. Try it, your body will love it.