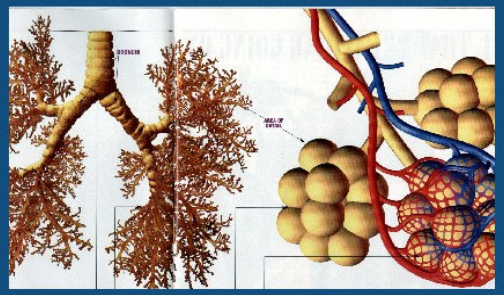
"The lungs have an enormous surface area. Every day we breathe in 20,000 liters of air - compared to just a few liters of food and drink - we breathe in viruses, bacteria, tobacco, smoke and other particles in the air."*

BODY NUMBERS

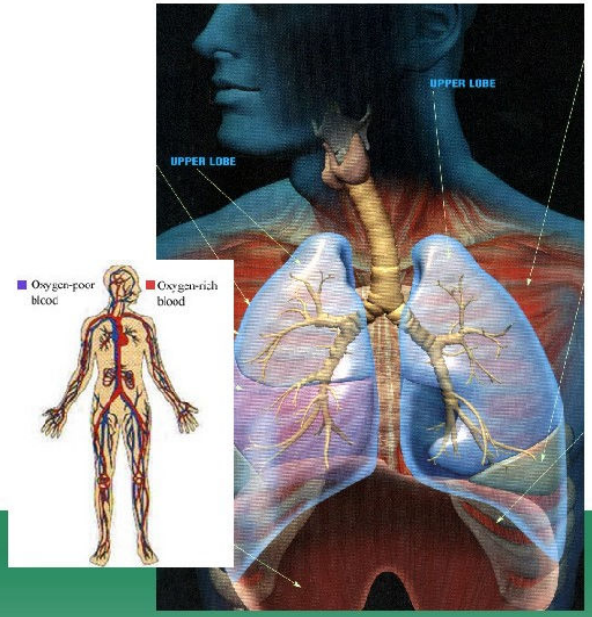


HOW MUCH AIR DO YOUR LUNGS HOLD?

____Total Volume ("TV")
(Take a very deep breath and blow up a balloon with ALL the air in your lungs. Measure the circumference in inches or centimeters.)

You could also use a spirometer or special spirometry bag to get a Total Volume measurement in liters.

My lungs breathe in fresh air to provide oxygen for my heart to pump oxygen into my blood and through my body.



HOW MUCH AIR CAN YOU EXPEL FAST...PEAK FLOW?

"The long term effects of air pollution are loss of lung function and possible respiratory disease, but it can also cause heart problems."*

* "Clearing the Air", Jonathan Shaw, Harvard Magazine, 2005

WHAT VARIABLES AFFECT OUR LUNG & HEART HEALTH?

Conditioning, genetics, body size, gender, age, weight, other_____?

____ Peak Flow ("PF")
(Use a peak flow meter to measure how much air you can blow out fast.)

This is a measure of how healthy and conditioned your lungs and airways are. You can use this tool daily to keep track of respiratory changes, especially if you have asthma.

Body Conditioning
I exercise:

(7-9pts.)_____ LOTS (I'm an athlete)
(4-6 pts)_____ SOME (20 minutes; 2-3 times a week)
(1-3 pts)_____A LITTLE (not much) OR I've been sick lately)

How fast my heart beats:
___- resting pulse
___- working pulse
(Count pulse for 10 seconds before and after exercise - multiply x 6 to get the beats per minute.)

MEASURE & GRAPH THE DATA