



# WHAT HELPS IN MAINTAINING A HEALTHY RESPIRATORY RATE?




Breathing exercises




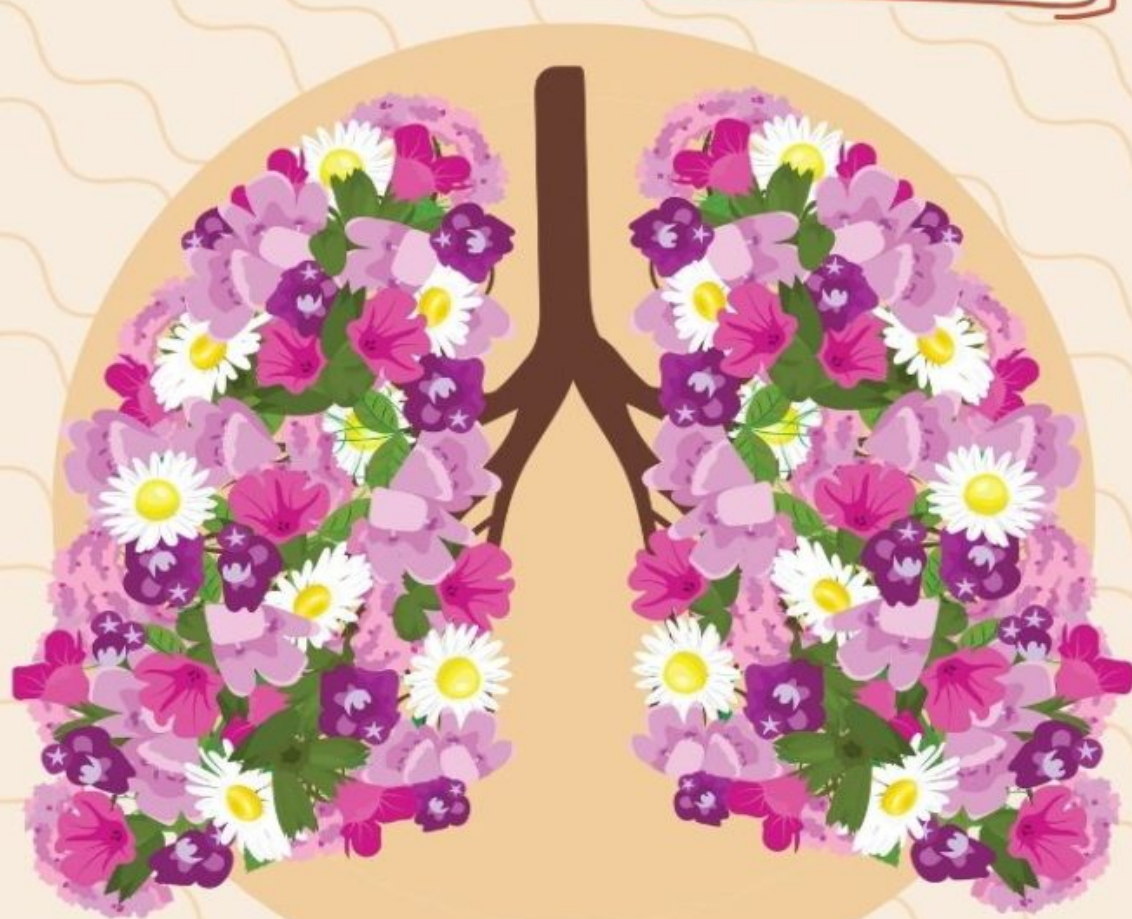
Healthy sleep habits




Physical activity such as sports or gymnastics




Eating a balanced diet and maintaining a healthy weight




Maintaining hand hygiene to reduce the frequency of infections



Sitting in an upright position and avoiding slouching



Limiting exposure to pollutants and secondhand smoke



Lifestyle changes such as walking or cycling to school

#### References:

1. Protecting Your Lungs; Tips to Keep Your Lungs Healthy; American Lung Association
2. How to Keep Your Child's Lungs Healthy Now and in the Future; Children's MD
3. 9 Tips for Healthy Lungs; Rush University