



Lung Cancer

Awareness Month



Health and Wellness

Tip of the Week
Week 48
November 30, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

How Does Exercise Strengthen the Lungs?

When you are physically active, your heart and lungs work harder to supply the additional oxygen your muscles demand. Just like regular exercise makes your muscles stronger, it also makes your lungs and heart stronger. As your physical fitness improves, your body becomes more efficient at getting oxygen into the bloodstream and transporting it to the working muscles. That's one of the reasons that you are less likely to become short of breath during exercise over time.

Some types of exercise can also strengthen the muscles of the neck and chest, including the diaphragm and muscles between the ribs that work together to power inhaling and exhaling.



Sources: <https://www.lung.org/lung-health-diseases/wellness/exercise-and-lung-health>

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