

# ~> LUNGS ~>

POWER PANTHER SAYS **PLAY HARD**.  
HEALTHY LUNGS HELP YOU BREATHE FASTER AND  
BETTER WHEN YOU RUN AND PLAY.

LUNGS TAKE THE **OXYGEN** FROM THE AIR YOU BREATHE AND PASS IT TO THE  
BLOOD SO IT CAN GO TO ALL PARTS OF YOUR BODY.  
YOU GET NEW OXYGEN FROM THE AIR EACH TIME YOU BREATHE IN.  
AND YOU GET RID OF WASTE GAS (CARBON DIOXIDE) EACH TIME YOU BREATHE OUT.  
PLAYING HARD HELPS KEEP YOUR LUNGS HEALTHY JUST LIKE IT KEEPS YOUR HEART HEALTHY.  
HEALTHY LUNGS HELP YOU BREATHE FASTER AND BETTER.

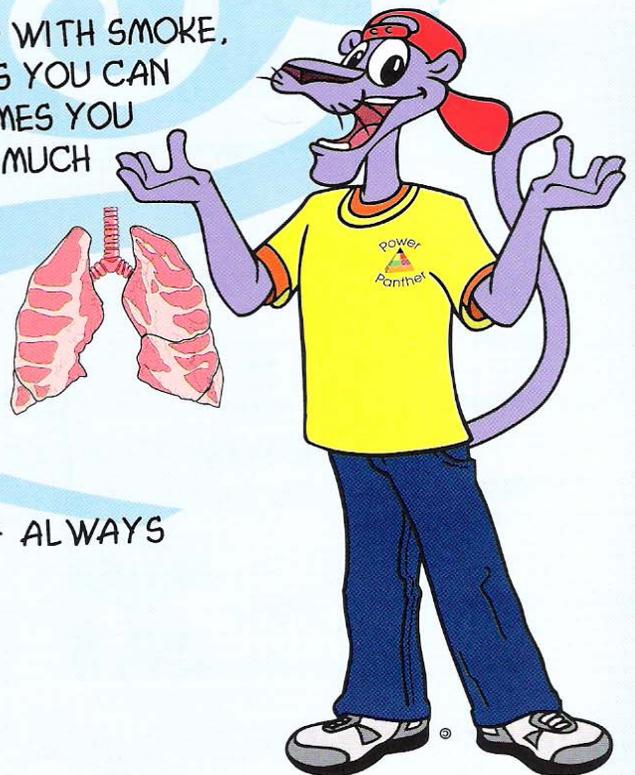
WHEN A PERSON SMOKES, THEIR LUNGS TURN DARK GRAY  
FROM TARS AND NICOTINE IN THE SMOKE. SMOKING CAUSES LUNG DISEASE  
AND CAN MAKE IT HARD TO BREATHE.

SMOKE FROM SOMEONE ELSE'S CIGARETTE, CIGAR, OR PIPE  
IS CALLED SECOND-HAND SMOKE.  
IT CAN AFFECT OR HURT PEOPLE THAT DON'T SMOKE.  
TOBACCO SMOKE CONTAINS HUNDREDS OF POISONS THAT CIRCULATE IN THE AIR.  
THESE CAN BE INHALED BY ANYONE NEARBY.

THE AIR YOU BREATHE IS OFTEN POLLUTED WITH SMOKE,  
GERMS, DIRT AND MUCH MORE. SOMETIMES YOU CAN  
SEE AND SMELL THE BAD AIR, BUT SOMETIMES YOU  
CAN'T. YOUR LUNGS TRY TO CLEAN UP AS MUCH  
OF THE AIR AS THEY CAN WHEN YOU ARE  
BREATHING AIR IN, BUT YOU CAN HELP  
BY TRYING TO AVOID AIR POLLUTION  
AND FIGHTING TO PREVENT IT.

TO HELP KEEP THE AIR CLEAN, YOU CAN:

- NOT SMOKE.
- ASK OTHERS NOT TO SMOKE.
- RIDE A BIKE OR WALK INSTEAD OF ALWAYS RIDING IN A VEHICLE.



# DID YOU KNOW...

THERE ARE **300 MILLION**  
TINY SACS IN YOUR LUNGS.

IN AN AVERAGE DAY YOUR LUNGS  
MOVE ENOUGH AIR TO BLOW UP 1,000  
PARTY  
BALLOONS.



## POWER POINTS...

OUR BODIES WORK  
CONSTANTLY PULLING  
AIR INTO THE LUNGS.



## Who am I?

I AM BROWN AND FLAT  
WITH TINY HOLES.

I AM SOMETIMES  
SPRINKLED WITH  
CINNAMON

I AM IN THE BREAD AND  
CEREAL GROUP.



GRAHAM CRACKER



I'M GOING TO PLAY IN THE PARK. CAN YOU HELP ME FIND MY 10 SNACKS AND PLAYTHINGS?