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Healthy Lung FACTS

You can live with one lung.
You may have limited physical abilities, but can still move around.



Our lungs together weigh **2.9 pounds.** The right lung is heavier than the left lung.



Your breathing can control over 90% of your energy.



Combining all of the different airways in our lungs can equate to **1,500 miles.**



Kids laugh about 300 times in a day.

The surface area of a lung stretched out is roughly the same size as **half a tennis court.**



The human sneeze has been clocked at **10 mph to 30 plus mph.**

Breathing in air pollution can take **1 to 2 years off of your life.**



Breathe Easy.
Stay Healthy!