



Love
your
lungs
week



Out of breath?

Listen to your lungs...

Getting out of breath when you push yourself is healthy and normal.

But sometimes it can be a sign of something more serious.

Take our online breath test to see if you should get checked out.

Visit: blf.org.uk/breathtest

Or call our helpline on 03000 030 555

(9am - 5pm, Monday to Friday)