

## 2 LARGER LUNGS

Getting on your bike or pounding the pavement to work can save you money and improve aerobic fitness, but if your route takes you through rush-hour your lungs will pay the price. Cyclists or runners are especially vulnerable to the effects of particulate matter, as a much higher breathing rate increases the amount of pollution you inhale. A six-week study by Brunel University found even low levels of pollution can affect pulmonary function. Reverse the effect of the

fumes with two five-minute sessions with a respiratory resistance exerciser every day – shown to improve lung capacity by 25% by strengthening the muscles you use for breathing. Think of it as a bench-press for your bellows. Breathe easy when you're on the healthy highroad and let your lungs live up to their pulmonary potential.

**Net cost** POWERbreathe Plus,  
£39, [salveo.co.uk](http://salveo.co.uk)

**Net gain** Urban exercise with limber lungs