

FOR IMMEDIATE RELEASE | Date: 12/21/201818CONTACT: Dona Wininsky | American Lung Association
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Breathe Easier in 2019: Your Guide to the 5 Best New Year's Resolutions for Lung Health

From quitting smoking to taking the stairs and more, American Lung Association outlines top resolutions for lung health

Brookfield (December 28, 2018) – The start of a new year marks a fresh beginning, and as Americans prepare to ring in 2019, the American Lung Association in Wisconsin offers five tips on how to improve your lung health all year long.

- Quit Smoking:** Quitting tobacco is the best thing you can do for your lungs, and your health. Smoking is a serious addiction, and it may take several attempts to successfully quit for good. Set yourself up for success in 2019 with proven quit smoking methods through [Freedom From Smoking](#), and join the hundreds of thousands of Americans who have quit with support from the Lung Association. Need more motivation? From now until December 31, receive 10 percent off Freedom From Smoking Plus by entering the promo code GUKG at checkout.
- Take the Stairs:** Physical activity is recommended for all Americans, but not everyone has a gym membership, so the Lung Association encourages taking the stairs at home, at work and anytime possible. January 9, 2019 is national **Take the Stairs Day** and it's great practice for the [Fight For Air Climb](#) on Saturday, March 9 at the US Bank in Milwaukee. Stair climbing burns more calories than walking or running. This unique event allows you to climb landmark buildings with friends, family and your community, with proceeds going to support lung health and healthy air. Get started with these [simple training tips](#).
- Test Your Home for Radon:** Naturally-occurring [radon gas](#) is the second-leading cause of lung cancer. What makes it so dangerous is that it's invisible, odorless and tasteless, and can also build up in homes and buildings to dangerous levels undetected. One in fifteen homes is estimated to have unsafe radon gas levels, so testing is recommended for all American homes. [Learn more about radon and order a test kit for just \\$15 here](#).
- Breathe Easier with Lung Disease:** If you're living with a lung disease, you're not alone. Management strategies and techniques to improve your health may be available, allowing you to live a full and healthy life. Speak to your doctor to see if an [asthma management plan](#) or [Better Breathers Clubs](#) might be right for you. The American Lung Association's toll-free Lung HelpLine (1-800-LUNGUSA) is staffed by respiratory therapists and registered nurses who can provide support and answer lung health questions.
- Learn Your Lung Cancer Risk:** Take this simple, 2-minute [online quiz](#) at SavedByTheScan.org to learn about your risk for lung cancer and see if you are eligible for lung cancer screening. The newly available

test can help diagnose the disease in its earliest stages, when it's most curable. In fact, if everyone eligible were screened, 25,000 lives would be saved. Screening isn't for everyone, so take the online quiz and talk to your doctor to see if screening might be right for you. For those eligible for the test, screening is covered by Medicare and most health insurance plans without cost sharing.

To learn more about how to protect your lung health, visit Lung.org. For media interested in speaking with an expert about lung health, healthy air, tobacco use and more throughout the year, contact the American Lung Association at Dona.Wininsky@Lung.org or 262-703-4840.

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About the American Lung Association

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease, through research, education and advocacy. The work of the American Lung Association is focused on four strategic imperatives: to defeat lung cancer; to improve the air we breathe; to reduce the burden of lung disease on individuals and their families; and to eliminate tobacco use and tobacco-related diseases. For more information about the American Lung Association, a holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call 1-800-LUNGUSA (1-800-586-4872) or visit: Lung.org.

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