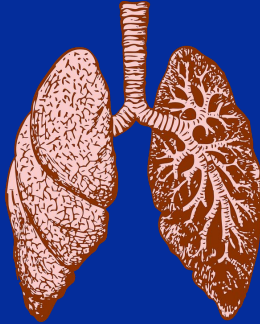


ACTIVITY 1

Healthy Heart & Lungs



Ask the class to brainstorm a list of activities that require a healthy heart and lungs

Examples:

- Playing sports
- Singing
- Playing some musical instruments

Discuss the effect that smoking could have on participation in these activities