

WORLD LUNG DAY 2026



# PROTECT YOUR LUNGS

## STAY VAPE-AND SMOKE-FREE



## HOW LONG CAN YOU HOLD YOUR BREATH?

That doesn't tell you much. Breath-holding isn't a measure of healthy lungs. It varies from person to person, shaped by fitness, age, lung capacity, and other factors. One thing is certain - vaping and smoking damage your lungs over time, long before you feel it.

**THE BEST THING YOU CAN DO? STAY NICOTINE-FREE.**

**Disclaimer:**

This challenge is for awareness only and not a medical test. Try it on dry land, and if you're pregnant, unwell, or have difficulty breathing, check with your doctor.

**NEED SUPPORT TO QUIT NICOTINE?**

**JOIN HERE**



**QUITLINE:**

**1800 438 2000**