

## AIR NUTRITION

# YOUR COMMUNITY

PM 2.5  5 $\mu\text{g}/\text{m}^3$

PM 10  4 $\mu\text{g}/\text{m}^3$

NITROGEN DIOXIDE  2.3 $\text{PPM}$

OZONE 0.1 $\text{PPM}$



**WARNING:**  
THESE POLLUTANTS CAN BE  
DANGEROUS FOR YOUR LUNGS



## YOU ARE WHAT YOU BREATHE.

When exercising outside avoid busy or main roads to reduce breathing in car and truck exhaust, a harmful pollutant to your lungs. Find green spaces, back streets or places less travelled. When air quality is poor, exercise indoors. Scan to learn more Air Nutrition tips.



**ASTHMA WEEK**  
1-7 SEPTEMBER

