

Bubble Wrap

This exercise will give you the full affect of how someone who has smoke related emphysema, breaths day in and day out.

Small air pockets in the lungs are called alveoli. They help move the oxygen out of the air you breathe and into your body.

Air becomes trapped into the alveoli, and begin to burst as the chemicals in the cigarettes, like tar, make them less able to let the air out.

The trapped air explodes the pockets and they are no longer able to help with breathing.

The walls of your alveoli pop just like these bubbles. This is the disease emphysema which caused long term smokers to suffocate slowly.

The bubble wrap you have in your hand represents your alveoli. Once you pop them, they no longer can expand and no longer able to function. Go ahead and pop those bubbles.

