

Noun 1. pulmonary reserve - the additional volume of air that the lungs can inhale and exhale when breathing to the limit of capacity in times of stress
[reserve](#) - (medicine) potential capacity to respond in order to maintain vital [functions](#)

Benefits of Increasing Pulmonary reserve

An ability to better cope with certain respiratory illness/disease states.

Bronchitis can be better controlled by those who have a high lung capacity because they are able to perform a more productive cough.

It ensures every part of your body gets adequate oxygen.

The lungs bring oxygen into the body, which provides energy and gets rid of carbon dioxide. When your lungs are healthy and you have a high lung capacity, you keep a larger breathing reserve. This helps your body distribute oxygen appropriately.

Larger lung capacity leads to a longer life.

Your lung health may actually be the number one predictor of your lifespan. A reduced amount of oxygen reserves in your lungs can increase your risk of suffering a heart attack and stroke.

Activities you can do at home to help increase pulmonary reserve

- 1: Cardiovascular exercise
- 2: Deep Diaphragmatic Breathing as is practiced in Yoga and Meditation
3. Rib-Stretch exercise: Improves rib cage flexibility so that internal intercostal muscles can expand (these are respiratory accessory muscles)

To do this exercise, stand up straight and exhale all of the air from your lungs. Inhale slowly and fill your lungs with as much air as possible. Hold the air in for about 15 seconds before slowly letting it out. Repeat these three times each day to help increase your lung capacity.

To add to this, put your hands on your hips and bend toward one side and then the other. Lift your hands over your head, and put your left hand on the left side of your waist and lean to the left. This will help you stretch out your right side. Repeat this on the other side. Do this a few times before finishing up with some rib-stretch breaths.

4. If you smoke or Vape...**STOP**. Reach out to us if you need help with this.