

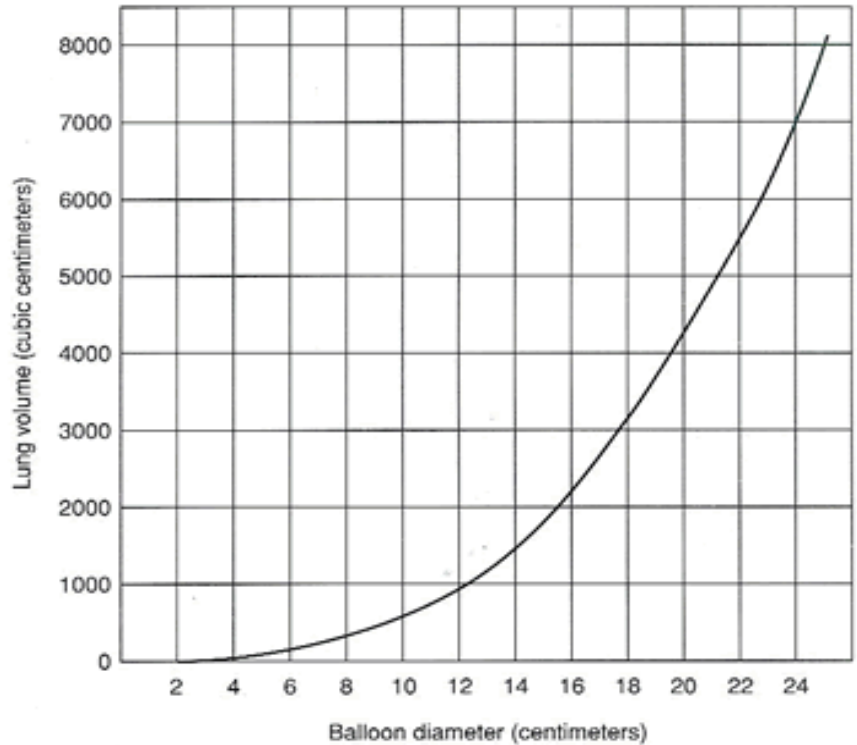
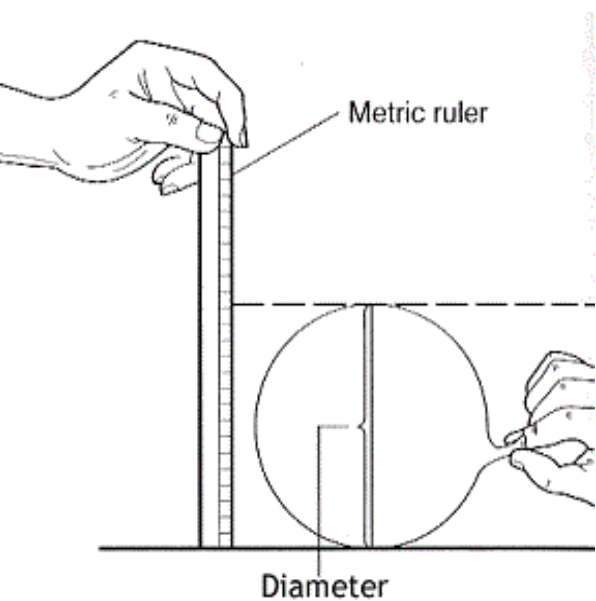


## Lung Measurements

The amount of air you move in and out of your lungs while breathing normally is called the **tidal volume**.

It is possible to inhale and exhale more forcefully - the maximum amount of air moved in and out of the lungs is called the **vital capacity**.

**Peak flow** is the maximum rate at which air can be forced out of the lungs.



### 1. Measuring Tidal Volume

- Stretch a round balloon several times.
- Inhale normally and then exhale normally into the balloon  
**Don't force you breathing**
- Pinch the end of the balloon and measure its diameter.
- Repeat this so that you have 3 total measurements

### 2. Measuring Vital Capacity

- Stretch a round balloon several times.
- **Inhale as much air as you can and force it into the balloon**
- Pinch the end of the balloon and measure its diameter.
- Repeat this so that you have 3 total measurements

### 3. Measuring peak flow

- Push pointer on peak flow meter to zero
- Take as deep a breath as possible, blow into the meter in one short blast
- Record the position of the pointer
- Repeat this so you have 3 measurements