



# Out of breath?

## Listen to your lungs...

Getting out of breath when you push yourself is healthy and normal.

But sometimes it can be a sign of something more serious

Take our **online breath test** to see if you should get checked out.

**Visit: [blf.org.uk/breathtest](https://blf.org.uk/breathtest)**

**Or call our helpline on 03000 030 555**  
(9am - 5pm, Monday to Friday)