

## The Science

We all have slightly different lung capacities. Factors such as age, sex, height, and fitness all have an influence on the volume of air we can breathe into our lungs. Our lungs usually reach their maximum capacity in early adulthood (20-25 years) and decline with age from then on.

20 mins

### Safety Warning!

Keep glasses in the middle of a table and clear up immediately after use to avoid breakages.

