

# KEEP UP WITH NTM WHEN YOU'RE ON THE GO

Whether you're taking a short trip or going somewhere far away, it's important to know what you can do to manage your lung condition. Here are some tips on how to travel with a lung condition like nontuberculous mycobacterial (NTM) lung disease.



## Easy Exercise

Even when you're on the go, **consider a short walk or a bike ride.** It's good for your body, especially when you have a lung disease. Why? It can help **improve your breathing** and help clear mucus from your lungs. However, before you start a new exercise routine, talk to your doctor.



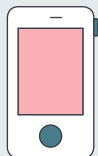
## Smart Snacks

Eating food that is **high in protein** is important for people who have lung disease. That's because the cells in your body need protein to fight your infection. Carry some **cheese, yogurt, peanuts, or hummus** with you while you're out of the house. They're higher in protein than other foods and eating these snacks is a good way to get your daily required protein.



## Traveling Tips

Traveling can be stressful for anybody, but even more so when you have lung disease. To avoid stressful moments, make sure you have all your medications before you leave, do your **airway clearance techniques** before any long flights, and drink plenty of fluids to help keep your lungs clear. If you're flying, you might need to **bring portable oxygen**, so be sure to ask your doctor if this is necessary.



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