

CHALLENGE 30

Stand Up to Lung Health. Take The challenge.

About us

Since 1990, as Australia's leading lung health charity, Lung Foundation Australia has enabled life-saving lung health and lung cancer research, championed support services and programs to ensure Australians with lung disease and lung cancer can live their best life.

Anyone can get lung disease. It is Australia's second leading cause of death and affects almost 1 in 3 Australians.

Symptoms of lung disease tend to come on slowly and are often very mild. Knowing the early warning signs will help to ensure you or your loved ones get treatment before it can become serious.

Know the symptoms



Breathlessness

Do you get out of breath more easily than others your age?



Persistent cough

Do you have a new, persistent, or changed cough?



Chest tightness

Do you experience chest tightness or wheeze?

If you are concerned about your lung health, do not delay in making an appointment with your GP to investigate.

Stand up for Lung Health

**Take on a virtual challenge and stand up for lung health.
300 hours, Friday 19 March to Wednesday 31 March 2021**

Join us in celebrating our 30th year of kicking lung disease to the kerb by taking on a challenge themed around 3, 30, 300 or even 3000!

Take it on as a team or fly solo. Run 30km, sponsor 30 minutes of silence, bake 30 cupcakes or perform 30 acts of kindness...the choice is yours!

Register today. lungchallenge.com.au