

8 TIPS



AsthmaWA

EXERCISING WITH ASTHMA



MAKE SURE YOU WARM UP

Warm up and stretch before exercise. Remember to cool down when you finish.



TAKE YOUR RELIEVER BEFORE EXERCISE

Use your reliever before exercise as directed by your doctor.



HAVE YOUR RELIEVER ON YOU

Always carry your reliever with you when exercising. Use a spacer with a puffer.



BREATHE THROUGH YOUR NOSE

Your nose filters and warms the air you breathe in before it reaches your lungs.



BE MORE ACTIVE

The fitter and healthier you are the better your lungs will perform.



TELL YOUR COACH YOU HAVE ASTHMA

Let others know where you keep your reliever and a copy of your action plan.



AVOID ASTHMA TRIGGERS

Exercise when well, avoid cold dry air and manage other triggers where possible.



TAKE YOUR PREVENTER

If prescribed taking a preventer every day will help manage asthma and exercise.