

Exercising with Asthma

Exercise is good for everyone, including people with asthma. Exercise can improve your health. It also helps your body make better use of oxygen. This can reduce asthma symptoms. Just be sure your exercise program is designed to keep your asthma under control.

Planning Your Exercise Program

You and your healthcare provider can design an exercise program that's right for you. Ask about:

- Using your quick-relief medication before exercise.
- Any special instructions or restrictions.
- Setting exercise goals. Your goals may change as you become stronger and more active.

Your Exercise Goals:

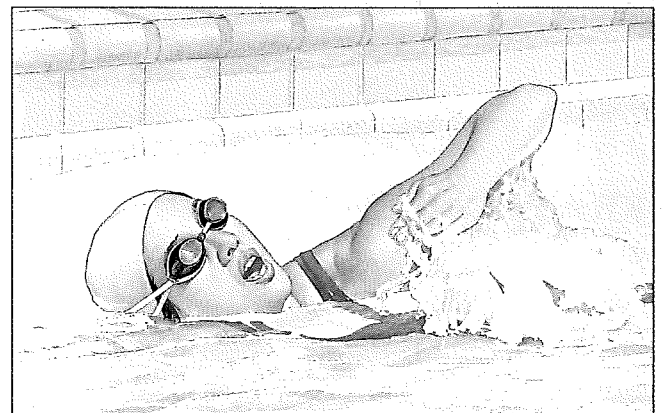
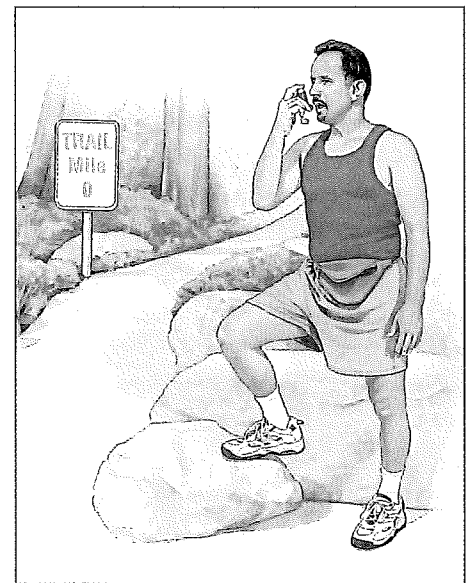
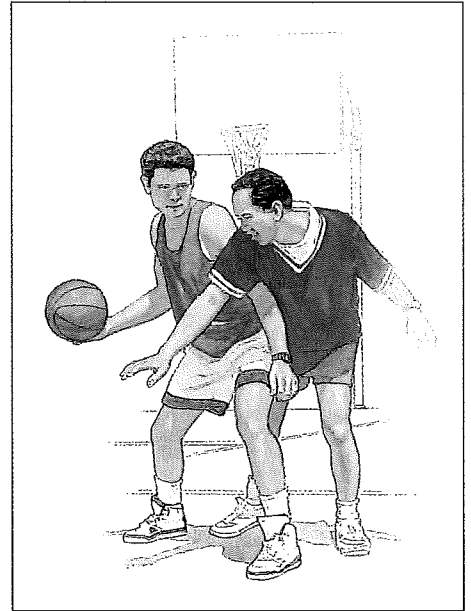
Exercise _____ times per week.

Work out for _____ minutes per session.

Choosing Your Activities

Ask your healthcare provider which sports or exercises are best for you. As you become more active, you can do almost any exercise. Here are some guidelines:

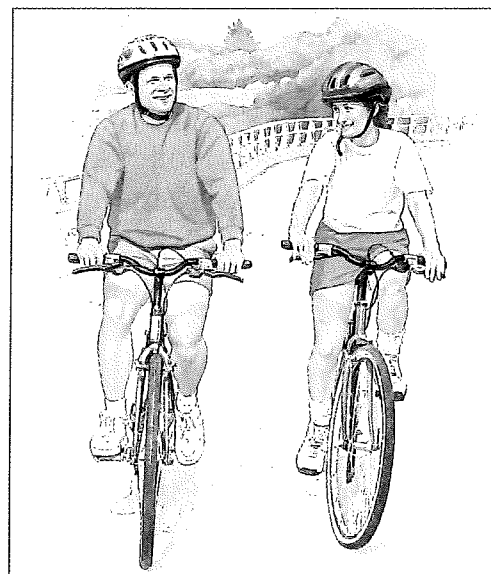
- Choose aerobic activities. Aerobic exercise is nonstop movement that makes your heart and lungs work harder than when you walk normally.
- Find activities you enjoy. This makes it easier to stick to your program. Good exercises for people with asthma include walking, swimming, tennis, golf, baseball, basketball, soccer, biking, and yoga.
- Choose some activities you can do indoors when the weather is bad or the outside air quality is poor.



When You Work Out

To prevent asthma flare-ups during and after exercise, try these tips:

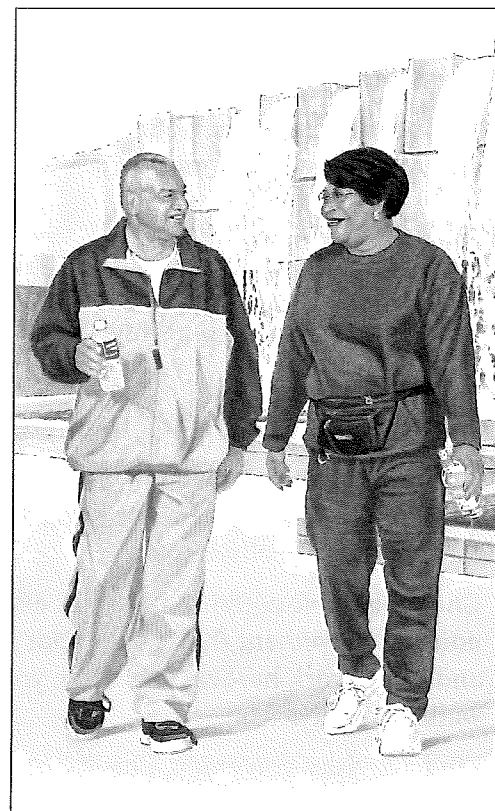
- Use quick-relief medication as directed. Warm up for 5 minutes. Stretch, or start off at a slow pace.
- Exercise at a comfortable pace. You should be able to talk easily while you exercise. If your asthma symptoms flare up, slow down or stop.
- Cool down for 5 minutes. Move at a slower pace, then finish by stretching.
- Drink plenty of fluids before, during, and after exercise. Avoid caffeine and alcohol.



Points to Remember

- Don't give up on exercise if it makes your asthma symptoms flare up. Ask your healthcare provider to update your exercise goals and medication.
- In cold weather, dress warm. As you warm up, wear a scarf over your nose and mouth. Or breathe in through your nose, not your mouth. Doing either warms up cold air before it reaches your lungs.
- Exercise indoors (or at least warm up) if outdoor air is hot, polluted, windy, or full of pollen.

Special Instructions:



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