



What you need to know about...

Exercise and Asthma

Having Asthma does **not** mean that you should stop exercising. In fact, exercising can help keep your lungs and body healthy.

During exercise, if you have asthma symptoms, such as: shortness of breath, wheezing, coughing, or tightness in your chest that might be a sign that your asthma is not in control.



Exercising Properly with Asthma:

1. Do not exercise alone
2. Take your reliever medicine 10 minutes before exercising (with your healthcare provider's permission)
3. Warm up by walking and stretching before exercise
4. Carry your reliever medicine with you at all times
5. Avoid other asthma triggers such as cold air, pollen, dust, mold, and smog.
6. Cool down after exercise

If you have Difficulty Breathing while Exercising:

1. Stop exercising
2. Follow your Asthma Action or Emergency Plan
3. Take your reliever medication
4. Remain upright, sitting or standing
5. If symptoms continue, repeat.

Call 911 immediately, if:

- Asthma medicine does not relieve symptoms or is not helping
 - You are having a lot of trouble breathing
 - You have trouble walking, talking, or drinking liquids
 - Lips or fingernails are blue, gray or paling
- Your asthma is getting worse

