

Asthma and Exercise

Exercise-induced asthma occurs when swelling and constriction of the airways trigger shortness of breath and chest tightness during or just after exercise.

Despite the risks associated with exercise, there is increasing evidence that exercise is an important part of any asthma symptom reduction plan as it can help improve respiratory function.

When monitored properly, asthma symptoms can be managed and often prevented before and after exercise.



Tips for Working Out

Here are a few tips for reducing the risk of an asthma episode **BEFORE** you start exercising:



- Make an asthma plan with a doctor to get your asthma under control
- Use medicines, such as inhalers, as prescribed
- Avoid exercising outside when it is cold and dry. If you are exercising outdoors in the winter, use a face mask
- Exercise indoors as much as possible
- Avoid exercising outdoors when pollen and other irritants are present
- Warm up to increase your heart rate

During exercise:

- Breathe through your nose to help warm the air before it reaches your lungs
- Try to move more each day