

# Does Exercise



## Affect Your Asthma?

Do you experience trouble breathing during or after exercise or physical activity?

When exercising, the airways of the lungs get smaller because muscles tighten around them and a large amount of mucus is produced.

Exercise is a common Asthma trigger that can be helped by taking asthma medicine prescribed by your doctor.

## Symptoms



- ♣ Chest tightness
- ♣ Shortness of breath
- ♣ Wheezing (whistling sound when you breathe)
- ♣ Coughing

Symptoms occur within minutes of beginning exercise

Avoid exercise if symptoms are present prior to exercise.

## Exercise Tips:

- ✧ Take quick-relief medication (*Albuterol, Ventolin*) at least 15 minutes before exercising and use long-term control medication daily if prescribed by your doctor
- ✧ Warm up for 10-15 minutes to increase your heart beat gradually
- ✧ Choose a sport/activity that fits within your asthma management  
For example:
  - ✓ Swimming
  - ✓ Biking
  - ✓ Football
  - ✓ Baseball
  - ✓ Short distance track and field events

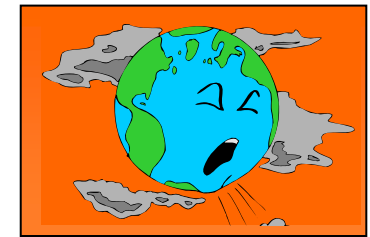


- \* Avoid exercising in pollution or on smoggy days (Check newspaper or weather section)
- \* Avoid exercising during cold or dry weather
  - ✓ In such conditions wear a scarf over your mouth to warm and moisten the air breathed in
- \* Finish with cool down exercises for at least 10 minutes to avoid sudden changes in airway temperature.

- \* Always have quick relief medicine on site. Inhalers should be kept in gym or out on playing fields. Carry medicine for young students.
- \* Tell your coaches and P. E. teachers about your Asthma, so that they know how to respond if you have an asthma episode

Learning how to manage your Asthma is VERY important!

Ask YOUR doctor questions about things you do not understand.



*The more you know, the better you  
C.A.N.  
Control Asthma Now!!*

Exercise can affect your Asthma, BUT  
Don't Let It Stop  
YOU!!

The Children's Clinic,  
"Serving Children and Their Families"  
2801 Atlantic Avenue  
Long Beach, CA 90801  
(562) 933-0400

