Exercise helps improve your asthma over time. It can strengthen your breathing muscles and immune system. You can also keep a healthy body weight with regular physical activity.

Asthma can be triggered by exercise. But it shouldn’t keep you from doing activities that you enjoy. Exercise and playing sports is possible with good asthma control. Check with your doctor before you begin an exercise plan.

Regular exercise is good for all of us. Doctors say even people with asthma should get at least 30 minutes of physical activity daily. You can be an active asthmatic, too. All you need is a good plan and your doctor’s help.

Exercise helps improve your asthma over time. It can strengthen your breathing muscles and immune system. You can also keep a healthy body weight with regular physical activity.

Asthma can be triggered by exercise. But it shouldn’t keep you from doing activities that you enjoy. Exercise and playing sports is possible with good asthma control. Check with your doctor before you begin an exercise plan.

GETTING STARTED:

- Start out small. Increase your activity a little at a time.
- Ask your doctor about using an inhaler before exercise. This can prevent attacks and control asthma symptoms.
- Warm up! Walk or stretch for more than 10 minutes prior to your workout.

BE AWARE:

- Avoid asthma triggers during exercise. For example, if car exhaust triggers your asthma, then work out indoors or go to the park.
- Weather is also important. Exercise indoors when vog is in the air.
- Reduce your activity level if you have asthma symptoms during exercise.

WHAT TO DO:

- Swimming is one of the best exercises for people with asthma. The warm, moist air near water limits asthma triggers.
- People with asthma tend to do well with stop-and-go exercise. Choose activities such as:
  - Volleyball
  - Gymnastics
  - Baseball
  - Wrestling

Other good activities for people with asthma include both outdoor and indoor:

- Biking or Spinning
- Yoga or Pilates
- Aerobics and/or Strength Training
- Walking or Jogging

ACTIVITY

Keep track of your activities in a notebook, or asthma diary. Share it with your doctor at your next visit. Use this table as a guide:

<table>
<thead>
<tr>
<th>Date</th>
<th>Inhaler use: before, during &amp; after exercise</th>
<th>Type of exercise</th>
<th>Length of warm-up</th>
<th>Length of activity</th>
<th>How you feel after exercising</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
This document has important information from AlohaCare. You can request this document to be written in Ilocano, Vietnamese, Chinese (Traditional) and Korean. There is no charge. You can have it read to you. We also offer **large print**, braille, sign language and audio. Call us at 973-0712 or toll-free 1-877-973-0712. (TTY/TDD: 1-877-447-5990).


본文件內含來自AlohaCare

的重要訊息。您可要求本文件的伊洛卡諾文、越南文、繁體中文和韓文等書面版本。免費提供。

您也可要求閱讀服務。我們亦提供 **大字體**、點字版、手語和語音服務。請致電973-0712

或免費電話1-877-973-0712。（聽障／語障專線：1-877-447-5990）。