

Active with ASTHMA



AlohaCare

For a healthy Hawaii.



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 fog is in the air.
- Reduce your activity level if you have asthma symptoms during exercise.

WHAT TO DO:

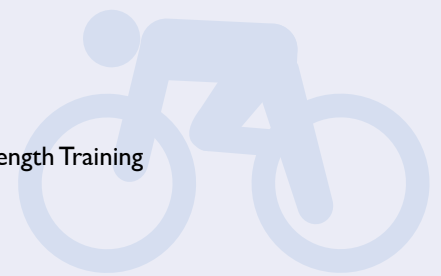
- Swimming is one of the best exercises for people with asthma. The warm, moist air near water limits asthma triggers.
- People with asthma tend to do well with stop-and-go exercise.

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:

Date	Inhaler use: before, during & after exercise	Type of exercise	Length of warm-up	Length of activity	How you feel after exercising



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