



8 tips for exercising with asthma

1 Make sure you warm up!

Warm up and stretch before exercise and remember to cool down when you finish.

2 Take your reliever before exercise

Use your reliever before exercise, as directed by your doctor.

3 Have your reliever on you.

Always carry your reliever with you when exercising. Use a spacer with a puffer.



4 Breathe through your nose.

Your nose filters and warms the air you breathe in before it reaches your lungs.

5 Be more active!

The fitter and healthier you are, the better your lungs will perform.



6 Tell your coach you have asthma.

Let others know where you keep your reliever and a copy of your action plan.

7 Avoid asthma triggers.

Exercise when you're feeling well, avoid cold dry air and manage other triggers where possible.

8 Take your preventer.

If prescribed, taking a preventer every day will help manage asthma and exercise.





Myths about asthma

1 Myth: Asthma is a childhood condition

Fact: Asthma can occur at any age

2 Myth: Children outgrow asthma.

Fact: Children do not always outgrow asthma, and can have symptoms into adulthood.



3 Myth: Asthma is not common

Fact: 1 in 9 West Australians (11%) have asthma, and prevalence is steadily increasing across Australia



4 Myth: Asthma is not life-threatening.

Fact: Even people with mild symptoms can sadly die from a severe asthma flare-up.



5 Myth: People with asthma shouldn't exercise.

Fact: People with asthma can exercise when their asthma is well controlled; children with low physical activity levels have increased risk of developing asthma.



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