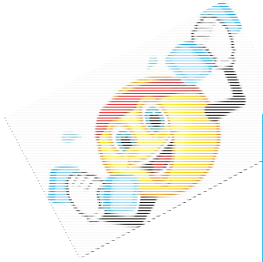
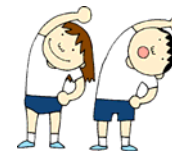


Managing your asthma during exercise



Exercise can help make your lungs strong and your asthma better!

- You should exercise 5 days a week, for at least 60 minutes a day. Have your quick-relief medicine on hand during exercise.
- Wear a face mask or scarf to cover your mouth and nose when it is cold.
- Make sure you “cool down” after exercise.
- Tell your coaches and P.E. teachers about your asthma and any medicines you are taking.



Before you exercise:

- Take your quick-relief medicine at least 5 minutes before exercising
- Warm up for 10-15 minutes by stretching, walking, or jogging



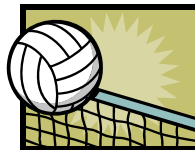
Signs of Exercise Induced Asthma:

- Coughing
- Wheezing
- Chest tightness
- Shortness of Breath

Here are the best exercises for asthma:



- Biking
- Baseball
- Volleyball
- Football
- Gymnastics
- Swimming
- Golfing
- Yoga



When to avoid exercise:

- In cold or dry weather
- Smog or smoke in the air
- When you have signs of asthma
- When you have a cold