

TOP TIPS FOR EXERCISING WITH ASTHMA



Know the
5 STEP RULE
for dealing with an
asthma attack.



**WARM UP 15-20
MINUTES**
before you exercise.



Take your reliever inhaler
15-20 MINUTES
before exercise.



Tell people if you are
EXERCISING ALONE
and tell your coach/team
that you have asthma.



Always carry your
RELIEVER INHALER
when you exercise.



STAY HYDRATED
before, during and
after exercise.



Take your daily prescribed
**ASTHMA
MEDICATION**
to keep it under control.



**HAVE AN ASTHMA
ACTION PLAN**
and keep it up to date.



**MANAGE YOUR
TRIGGERS**
and avoid exercising when
pollen is high and in
polluted areas.



**SYMPTOMS
DURING EXERCISE?**
STOP: Take your reliever
and wait 5 minutes before
resuming if symptom free.