

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.