

out there AND active

Exercise keeps you fit and healthy.

If you have asthma that is well controlled it should not stop most people getting out there and active.



Common triggers in PE are:



Cold air



Long distance running



Bleep fitness test



Chlorine in swimming pools



Dusty equipment



Pollen – including grass cuttings

Remember – everyone's triggers are different!

Asthma symptoms

- Coughing
- Wheezing
- Tightness in the chest
- Difficulty breathing

If you continue to have symptoms when exercising visit your doctor or asthma nurse.

Tips to keep your asthma symptoms under control



- Use your reliever inhaler immediately before starting to warm up
- Always warm up
- Try not to come into contact with things that trigger your asthma
- Always have your reliever inhaler available when you exercise
- If you have asthma symptoms when you exercise, stop, take your reliever inhaler and wait five minutes or until you feel better before starting again
- Always warm down – if you want advice on warming up or down ask your PE teacher.



'I always make sure that I take my inhaler before playing football and that I have it available in case I need it.'

PAUL SCHOLES
FOOTBALLER

What to do in an asthma attack

- 1 Take two puffs of your reliever inhaler (usually blue) 
- 2 Sit up and loosen tight clothing 
- 3 If there is no immediate improvement during an attack, continue to take one puff of reliever inhaler every minute for five minutes, or until symptoms improve
- 4 If your symptoms do not improve within five to ten minutes – or if you are in doubt – call 999 or a doctor urgently
- 5 Continue to take one puff of your reliever inhaler every minute until help arrives.



'Warming up and warming down are really important ways in which I keep my asthma under control when I'm exercising.'

PAULA RADCLIFFE
MARATHON WORLD CHAMPION

Visit the Kick-A Crew and find out more about asthma at kickasthma.org.uk

To speak to an asthma nurse specialist about your asthma call 08457 01 02 03 or visit the Kick-A Health Centre (kickasthma.org.uk).

KICK ASTHMA



Asthma UK, Summit House, 70 Wilson Street, London EC2A 2DB Registered charity number 802364 What do you think of this poster? Email: exercise@asthma.org.uk