PHYSICAL ACTIVITY AND ASTHMA: The Movement Rx

Date of Birth: _____

Why Exercise?











The American Heart Association recommends 2.5 hours of moderate-intensity* aerobic activity weekly

Exercise Ideas:



Lunges 6-8 repetitions per side



Walking, fit in a 20-30 minute walk. Or, fit in multiple 5-10 minute walks during the day

How Often?



Climbing stairs, be active wherever you can!



Aim for three to four times per week

Tips for Exercising:



& Cool-Down



Use your rescue inhaler 5-20 minutes before exercise



Try to breathe through your nose



Wear a scarf/buff over your mouth & nose in cold weather as this warms the air going into your lungs



Do not exercise when sick Contact your healthcare provider



Check pollen counts, if high consider exercising indoors



Make sure your asthma is controlled by taking your prescribed asthma medications regularly

Have your rescue inhaler or recommended inhaler readily available while exercising



Avoid exercising outside if the Air Quality Index is greater than 100

Healthcare Provider: Healthcare Provider Signature:



^{*}Moderate-intensity aerobic activity, meaning it is an activity that makes your heart beat faster and your breathing heavier, and you can still carry on a conversation comfortably