

# PHYSICAL ACTIVITY AND ASTHMA: The Movement Rx

NAME: \_\_\_\_\_

Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

## Why Exercise?



Improve Asthma Control



Reduce Stress



Decrease asthma exacerbations



Improve quality of life



Weight Loss

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

## Exercise Ideas:

## How Often?



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



Climbing stairs, be active wherever you can!



Aim for three to four times per week

\*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

## Tips for Exercising:



5-10 Minute Warm-Up & Cool-Down



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



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



Use your rescue inhaler 5-20 minutes before exercise



Do not exercise when sick  
Contact your healthcare provider

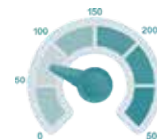
Have your rescue inhaler or recommended inhaler readily available while exercising



Try to breathe through your nose



Check pollen counts, if high consider exercising indoors



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

Healthcare Provider: \_\_\_\_\_

Healthcare Provider Signature: \_\_\_\_\_