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:

- Lunge 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!

How Often?

- 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
- 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
- Make sure your asthma is controlled by taking your prescribed asthma medications regularly
- Do not exercise when sick
- Contact your healthcare provider
- Have your rescue inhaler or recommended inhaler readily available while exercising
- 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: ____________________________

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