

Don't stop me now

Exercise keeps you fit and healthy. Having asthma that is well controlled should not stop most people getting out there and active.

Top tips to keep your asthma symptoms under control:

- Use your reliever inhaler 5–10 minutes 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 5 minutes before starting again
- Always warm down – if you want advice on warming up or down ask your PE teacher.

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
- tight chest
- difficulty breathing



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

What to do in an asthma attack

- 1 Take your reliever (blue) inhaler
- 2 Sit up and loosen tight clothing
- 3 If 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 in five minutes – or if you are in doubt – call 999 or a doctor urgently.

Want some more information about asthma? Then visit asthma.org.uk/kickasthma

Ready steady go



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

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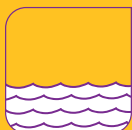
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Out there and active

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