

ASTHMA

Exercising With Asthma: A Guide for Kids With Asthma

Does having asthma mean no more fun?

You can still have fun if you have asthma. Staying active is important for your health. Your health care provider can tell you what kinds of sports and activities are right for you.

What kinds of things can I do?

Swimming, walking, playing tag, playing baseball, and riding a bike are some things that you could do. If you have asthma, it does not mean you have to sit on the sidelines. It is important for you to talk to your health care provider about what kind of exercise is appropriate for you.



Exercising with asthma?

Warm up, cool down

Warm up before you exercise. Cool down slowly when you're finished. Light stretching or jogging can be good ways to warm up and cool down. Your health care provider, teachers, and coaches can tell you other ways to warm up and cool down.

Keep out the cold

Cold air can trigger your asthma. Cover your nose and mouth loosely with a scarf during cold weather. Try to exercise in a warm place, like a gym or swimming pool.

Tell others

Tell your coaches and teachers that you have asthma. Make sure they have a copy of your Asthma Action Plan. The Asthma Action Plan explains what to do if you have an asthma attack. Your health care provider can help you make one.

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My asthma activity

Draw a picture of your favorite thing to do, or draw a picture of something you would like to do. Show your health care provider so you both can figure out ways for you to keep doing what you enjoy.

I like to

