

## Useful information about **Asthma and physical activity**



#### Remember

It's OK to get out of breath. If you're worried, stop for a minute, take a few deep breaths through your nose, and see if your breathing improves. If it doesn't, and if you're wheezing or coughing, it could be asthma-related, so use your inhaler.

#### How will it help me?

It will help you become fit

You'll get to spend time with friends

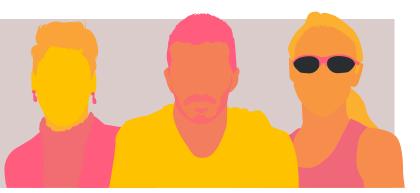
It will make school work easier

It will make you happier

#### Don't forget

### You can be just as fit as anyone else

Asthma hasn't stopped footballer David Beckham from reaching his goals. Did you know pop artist P!nk and distance runner Paula Radcliffe also have asthma too?



#### Every moment counts

Whether you're dancing in your room when no-one's watching, indulging in a bit of extreme chores, or walking faster to get to school, don't miss an opportunity to get moving!



Do exercise

Get fitter

Do exercise

Feel less breathless Your asthma symptoms will feel better

Even if doing physical activity makes you feel more breathless at first, in the long term, you'll feel less breathless, less often.

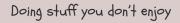
#### Starting points

# Walk more, and more quickly walk with a dog walk the long way to my next lesson walk with friends go up stairs two at a time





## Things that might make it harder



Keep trying different things 'til you find a form of physical activity, excercise or sport that's right for you.





#### Doing too much too quickly

So start slowly and build up to more.



#### Daily checklist

Try to make sure you do at least 2 of these every day:

Get outside for at least an hour

Sit upstairs on the bus

Take the long route to somewhere

Dance to your favourite track

Get out of breath at least once

## Things you need to talk to your doctor about

Make sure you see your doctor every year and form an "Asthma Plan" and give a copy to your school





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