

Exercise and Asthma

Exercise is for everyone

Regular exercise is important and is good for you. Well-controlled asthma shouldn't limit your physical activity or play. You and your doctor can make a plan to keep your asthma under control so you can take part in all the activities that you like to do.

Exercise triggered asthma

Exercise can cause asthma symptoms like coughing, wheezing, chest tightness, or trouble breathing. This can be from cold air, pollution, allergens, or other things in the environment.

How to stop asthma symptoms when you exercise

1. Know your exercise triggers and how to avoid them
 - Outside temperature, cold air, or weather changes
 - If you exercise in cold weather, wrap a scarf or mask around your face to help warm the air you breathe
 - Air pollution
 - Check the air quality in your area on the Environmental Protection Agency (EPA) website: <http://www.airnow.gov>
 - Don't exercise outside during high pollution times
 - Pollen, dust, mold, and animal dander can trigger asthma in children with allergies
 - Check the pollen and mold levels in your area on the American Academy of Allergy & Immunology (AAAAI) website: <http://www.aaaai.org/global/nab-pollen-counts/western-region>
 - Don't exercise outside during high pollen times
 - If you are sensitive to chemical fumes sometimes found at ice rinks or pools, be sure to recognize your symptoms and have your quick relief inhaler with you
2. Take your exercise pre-treatment medicine (albuterol or Xopenex)
 - Take 2 - 4 puffs of your quick relief inhaler at least 10 minutes before exercise, if needed
3. Start exercise with a warm-up and end it with a cool-down
 - Warm-up and cool-down exercises can be done by walking or stretching for 5 - 10 minutes
 - This helps slow the change of air temperature in the airways and helps stop asthma symptoms

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