



South Side
**PEDIATRIC
ASTHMA
CENTER**
*powered by
UChicago Medicine*

Staying Active with Asthma

Many athletes with asthma have done great things.



Jackie Joyner-Kersey
Olympic Track and Field



Paula Radcliffe
Marathon Runner



Jerome Bettis
Super Bowl Champion



David Beckham
Professional Soccer

People with asthma can exercise and be physically active.

You can keep your asthma well controlled by taking your asthma medication as instructed by your doctor.

Talk with your doctor about:

- The kinds of exercise or physical activity you do now
- The asthma medication you take and when you use it
- Updating your asthma action plan

See page 2 for tips to be active and manage your asthma

Staying Active with Asthma

Tips to be active and manage your asthma

Tell your teacher, coach, and adult staff at the gym or sport center you go to about your asthma action plan.

- Use your quick relief or rescue medication **15 to 20 minutes before** exercise or play.
- Know what your asthma triggers are and avoid exposure to them.
- Exercise indoors when air pollution levels are high.
- Wear a mask to cover your nose and mouth when exercising or playing in cold weather. This helps moisten and warm the air you breathe in.
- Exercise slowly for the first 10 to 15 minutes. End your exercise with a slow cooling down activity such as walking or stretching.
- **Stop exercising or playing and take your quick relief or rescue inhaler if you have asthma symptoms.**



Do not let asthma limit or slow you down.

**For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org**