

Exercise Asthma

Exercise asthma can occur during exercise or playing sports. Having this type of asthma does not mean you cannot exercise! Remember many popular athletes have asthma. If you have exercise asthma the best thing to do is take your medicine before exercise, recess, sports or play.



- Take your rescue medicines 20-30 minutes before you play sports.
- Try keeping a journal of what type of activity makes you feel wheezy or tight. Then make sure to take your medicine before these activities.

ACTIVITY JOURNAL

(plan this with your doctor)

ACTIVITIES THAT MAKE ME FEEL WHEEZY OR TIGHT

ACTIVITIES THAT I LIKE TO DO

I SHOULD TAKE MY RESCUE INHALER (SPRAY)
_____ MINUTES BEFORE ACTIVITY

QUESTIONS FOR MY DOCTOR

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**