

Useful information about my asthma and physical activity

Physical activity is good for me

- It makes me fitter and stronger
- It helps to reduce my asthma symptoms long-term
- It helps my heart
- It helps me to achieve a healthy weight
- It improves my feeling of breathlessness

Physical activity is safe for me

If I do get out of breath, I should:

- Stop the activity, and take slow deep breaths through my nose
- Wait a couple of minutes
- If my breathing settles, take part in the activity again
- If it doesn't and I'm wheezing, use my inhaler

There are things you can do to help

- Read my asthma action plan
- Make sure my inhalers and spacers are nearby
- Find me a safe space to use my inhaler, if I am not comfortable using it in front of classmates
- Make sure I warm up before activity
- Encourage me to breathe through my nose and/or wear a snood or scarf over my mouth when it's cold
- Make sure I use the right inhaler before exercise, if I have exercise-induced asthma
- If I have seasonal allergies/hayfever can you make sure this has been addressed before I exercise outdoors
- Talk to my parent or guardian if you have any questions or concerns



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