

# TOP TIPS FOR EXERCISING WITH ASTHMA



Know the  
**5 STEP RULE**  
for dealing with an  
asthma attack.



**WARM UP 15-20 MINUTES**  
before you exercise.



Take your reliever inhaler  
**15-20 MINUTES**  
before exercise.



Tell people if you are  
**EXERCISING ALONE**  
and tell your coach/team  
that you have asthma.



Always carry your  
**RELIEVER INHALER**  
when you exercise.



**STAY HYDRATED**  
before, during and  
after exercise.



Take your daily prescribed  
**ASTHMA MEDICATION**  
to keep it under control.



**HAVE AN ASTHMA ACTION PLAN**  
and keep it up to date.



**MANAGE YOUR TRIGGERS**  
and avoid exercising when  
pollen is high and in  
polluted areas.



**SYMPTOMS DURING EXERCISE?**  
**STOP:** Take your reliever  
and wait 5 minutes before  
resuming if symptom free.



FREE ASTHMA ADVICELINE  
**1800 44 54 64**

[asthma.ie](http://asthma.ie)

WHATSAPP SERVICE  
**086 059 0132**

