



Moving Medicine

Useful information about Asthma and physical activity



Remember

It's OK to get out of breath. If you're worried, stop for a minute, take a few deep breath through your nose, and see if your breathing improves. If it doesn't, and you're wheezing, it could be asthma-related, so use your inhaler.

How will it help me?

It will help you become fit

You'll get to spend time with friends

It will make school work easier

It will make you happier

Don't forget

You can be just as fit as anyone else

Asthma hasn't stopped footballer David Beckham from reaching his goals. Did you know pop artist P!nk and distance runner Paula Radcliffe also have asthma too?



Every moment counts

Whether you're dancing in your room when no-one's watching, indulging in a bit of extreme chores, or walking faster to get to school, don't miss an opportunity to get moving!



Do exercise

Get fitter

Do exercise

Feel less breathless

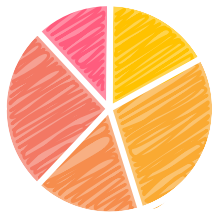
Your asthma symptoms will improve

Even if doing physical activity makes you feel more breathless at first, in the long term, you'll feel less breathless, less often.

you got this!

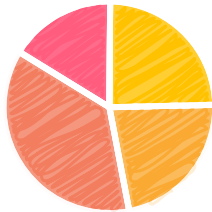
Starting points

Walk more, and more quickly



- walk with a dog
- walk to school
- walk with friends
- walk the long way to my next lesson
- go up stairs two at a time

On your bike



- ride your bike to school
- go for a ride in the countryside
- meet up with friends
- ride to the shops

Look for opportunities



- join after school activity clubs
- have a kick-about in the park
- standing up when using your phone
- dance with your friends to your favourite songs

Things that might make it harder

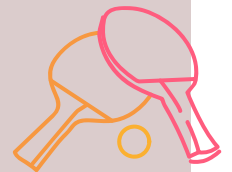
Doing stuff you don't enjoy

Keep trying different things 'til you find a form of physical activity, exercise or sport that's right for you.



Exercising in the cold

Consider some indoor activities during the winter.



Doing too much too quickly

So start slowly and build up to more.



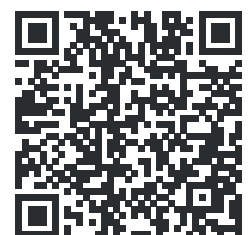
Daily checklist

Try to make sure you do at least 2 of these every day:

- Get outside for at least an hour
- Sit upstairs on the bus
- Take the long route to somewhere
- Dance to your favourite track
- Get out of breath at least once

Things you need to talk to your doctor about

Make sure you see your doctor every year and form an "Asthma Plan" and give a copy to your school



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