

Exercise with Asthma

Staying active with exercise is good for your health— even if you have asthma! People with asthma need to exercise just like everyone else. Exercise can bring on or trigger asthma symptoms. The key is to learn ways to control your asthma so you can stay active and get the exercise you need.

Ways to Control Your Asthma During Exercise

- **Talk to your doctor.** Tell your doctor if you are having asthma symptoms when you exercise. Your doctor can give some advice on what to do and how to be safe. Your doctor may tell you to use your rescue inhaler before you exercise.
- **Be ready.** Carry your rescue inhaler with you at all times. If you have asthma symptoms during exercise, you can use your rescue inhaler for quick relief.
- **Think ahead.** Exercise with someone or in places where other people will be. This way someone can help you if you need it.
- **Check the weather.** Pay attention to air quality alerts. If the air quality is in an unhealthy range, try to limit or avoid outdoor exercise. In cold weather, wear a scarf or other cover over your mouth and nose.
- **Warm up and cool down.** You can avoid asthma symptoms with a simple warm up and cool down. Start out slowly and get your lungs ready for hard breathing. When finished, stretch and move more slowly.
- **Stop and rest.** When you feel asthma symptoms coming on, stop and take a rest. If this doesn't help, use your rescue inhaler just as your doctor orders. If your breathing does not get better or worsens, call your doctor or our Nurse Advice Line at 1-800-606-9880 (TTY: 711). If the situation becomes an emergency, call 911.
- **Know when to cut back your exercise.** You may need to cut back on your exercise if:
 1. You are sick with a cold, cough, stuffy nose or allergies.
 2. Your airways are irritated.
 3. You are outside in the cold, dry air.



Want to Learn More?

If you have any questions or want to learn more about how to exercise with asthma, call us at **1-800-578-0603 (TTY: 711)**. We're here to help!

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**PASSPORT
HEALTH PLAN**
BY MOLINA HEALTHCARE

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