

PLAN FOR STAYING ACTIVE

For children

Even with asthma, you can play and take part in many activities, including sports like other kids. Many kids with asthma cough or wheeze when they exercise, run, or play hard. This does not have to happen. Your asthma medicine will help you be active without coughing or wheezing. Some kids keep asthma symptoms from starting if they take a certain asthma medicine right before they start their activity. Talk to your doctor about this.

It also helps you feel good while you are active if you do stretching exercises (“warm up” and “cool down”) before and after your activity. Here is a plan to help you be active:

- List the things you do now to stay active.
- List the things you would like to try.
- Check off the things you will do to be more active.

Physical Activities I Do Now:

Physical Activities I Would Like to Try:

To Be Active I will:

(Check Here)

- Talk to my parent(s) about an activity I would like to do.
- Try the activity to see if I can do it without wheezing.
- Show my parent(s) how much I can do without wheezing.
- Talk to my parents and my doctor about taking medicine before I begin exercise. This will keep asthma attacks or episodes from starting.
- Take a break from activity if I feel I may start wheezing. Follow my asthma control plan.

*Source: National Asthma Education Program. National Heart, Lung & Blood Institute (1992).
Reviewed by Asthma Ready® Communities Staff (2010).*