



Exercise Tips for People with Asthma or EIB

Exercise can be a trigger for breathing trouble and asthma attacks. The following tips can help.

- Try to breathe through your nose as much as possible.
- Cold, dry air can trigger EIB. Try to exercise indoors, or wear a scarf around your mouth when it's cold.
- Remember to warm up and cool down for a few minutes before and after exercising.
- Try exercising indoors when pollen counts are high.
- Being sick can make EIB symptoms worse. Try to limit your exercise if you're sick.
- Don't forget to take your quick-relief inhaler 15-30 minutes before exercising.