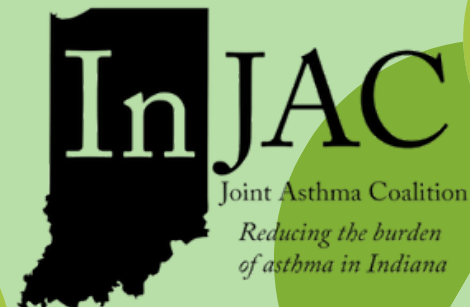
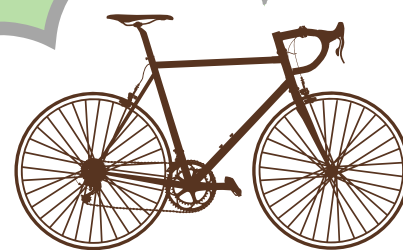


ALL ABOUT BEING ACTIVE WITH ASTHMA



THE IMPORTANCE OF EXERCISE FOR THOSE WITH ASTHMA

We know that exercise can be more challenging when you have asthma but it is important that you stay active

Exercise is important for lung health & helps to improve your lung capacity

Being physically active also increases the blood flow to your lungs & promotes better blood flow to your heart which supplies the rest of your body with oxygen



THE TRUTH ABOUT ASTHMA: WHAT PEOPLE CAN & CAN'T DO

-With proper treatment, people with asthma can live very normal lives-

Remember to...

Use your inhaler correctly

Use your preventer inhaler or tablets every day

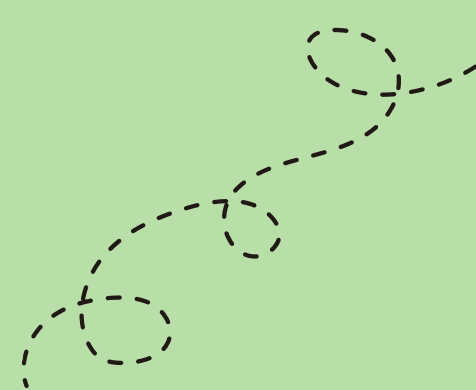
Check your medications to make sure they are suitable for you and your asthma specifications

Identify and avoid your asthma triggers & have regular check-ups

Do not smoke

Exercise regularly

Eat a healthy and nutritious diet



SAFE EXERCISES FOR THOSE WITH ASTHMA

Bike Riding

Yoga & Tai Chi

Walking

Swimming

Baseball

Volleyball

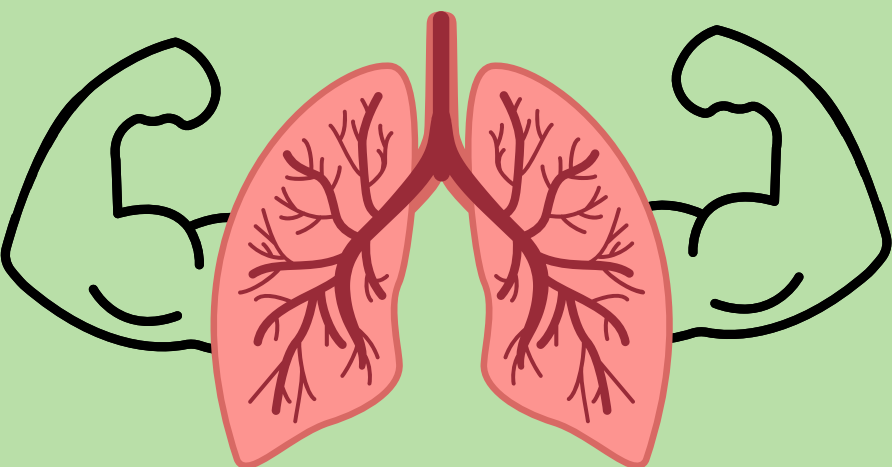
Gymnastics

Football

Hiking

Golfing

Short-Distance Running



DID YOU KNOW...

INCREASING YOUR HEART RATE MAY HELP YOU TO IMPROVE YOUR ASTHMA SYMPTOMS

Raising your heart rate regularly boosts your lung power, increasing stamina and reducing breathlessness

Raising your heart rate also supports your immune system and helps fight colds and viruses – *a major trigger for over 80% of people with asthma*

Activity helps you stay at a healthy weight, which can then decrease your risk of an asthma attack

Trying to raise your heart rate?

Try exercises like walking, riding your bike, swimming, or other safe exercises



WHAT ARE ASTHMA TRIGGERS?

Asthma triggers are things that cause your asthma symptoms or make them worse...

...being exposed to your asthma triggers can lead to an asthma attack



ASTHMA TRIGGERS

Tobacco Smoke



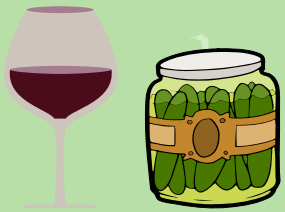
Physical Exercise



Dust Mites



Some Foods or Food Additives

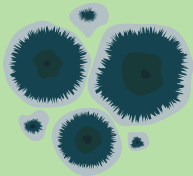


Cockroaches & Other Pests



Pet Hair & Dander

Mold

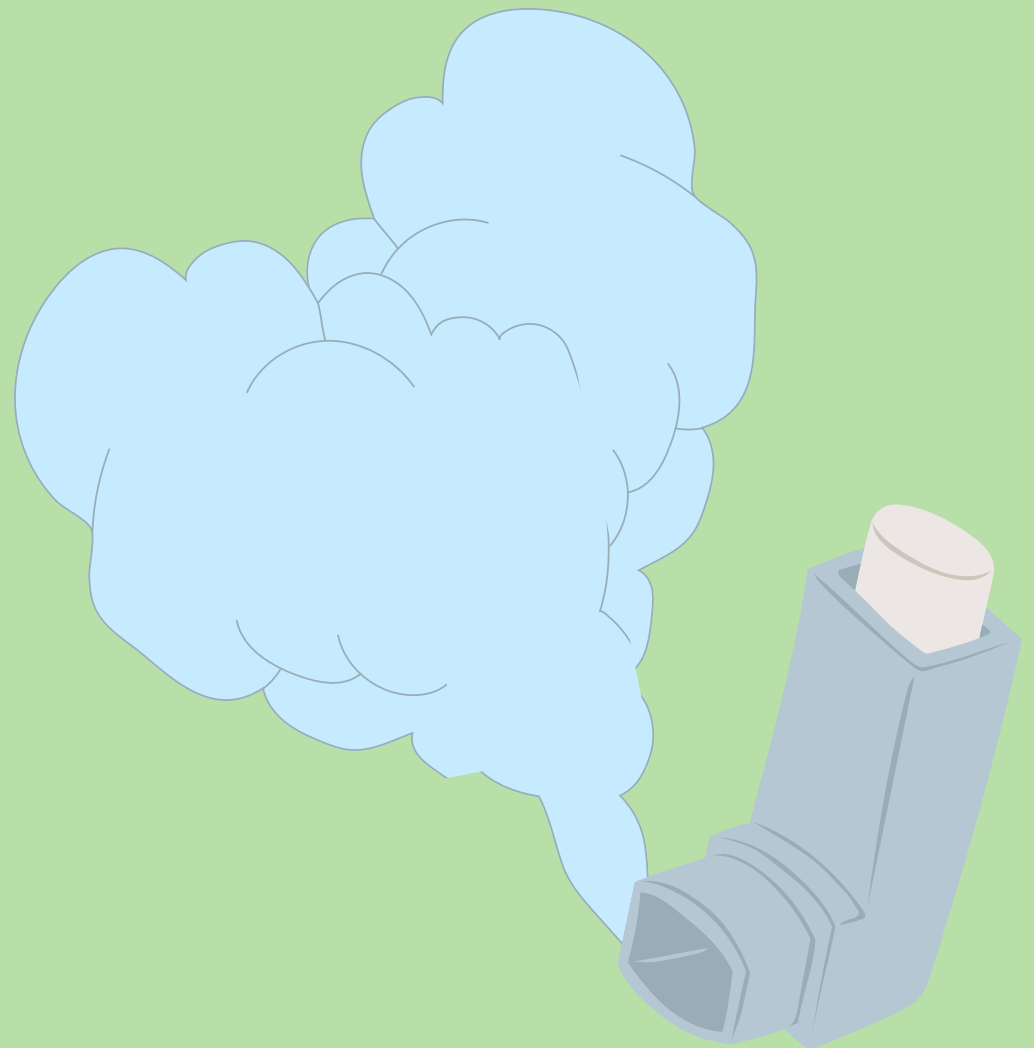


Cleaning & Disinfectant Products

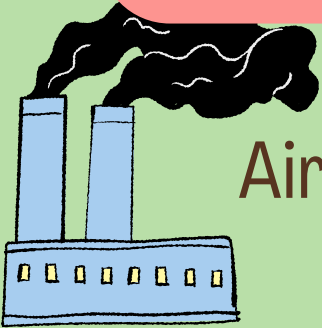
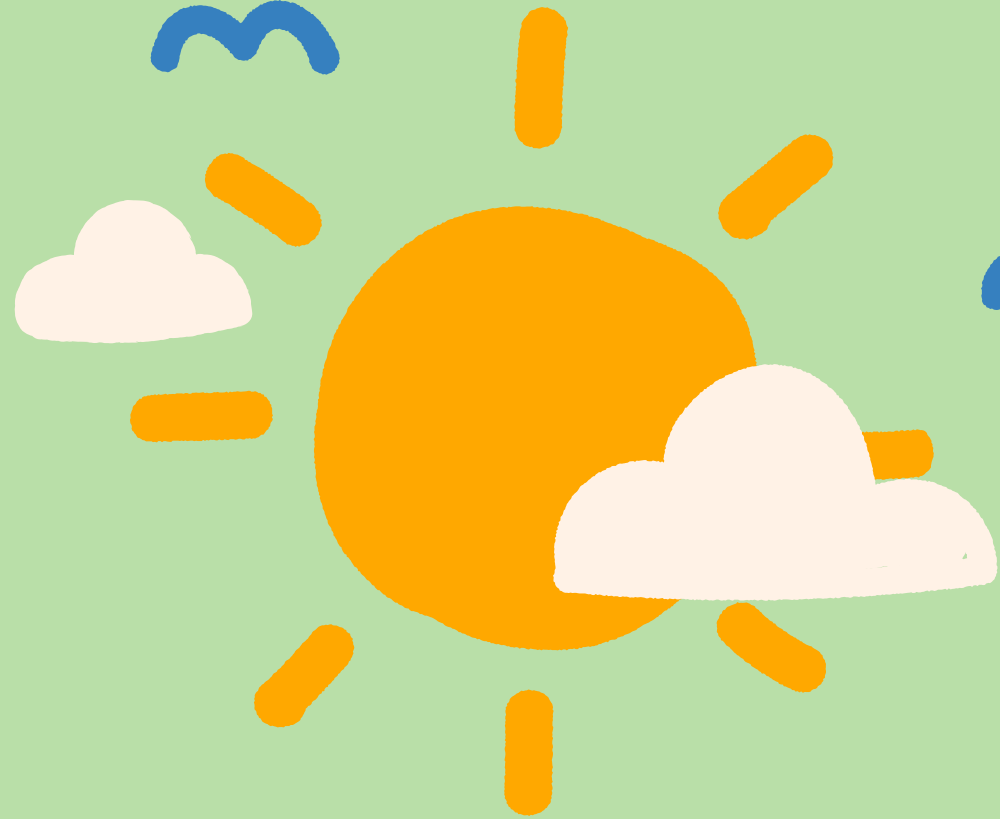


Fragrances

Allergies



OUTSIDE ASTHMA TRIGGERS



Air Pollution & Smoke

Sudden Changes in Weather

Bad Weather like...

Thunderstorms or High Humidity



Exercise - especially in cold
weather

Pollen



Cold or Dry Air



Wood & Charcoal Fires





THE POSITIVE HEALTH IMPACTS OF GREEN SPACES

***Being outside in nature can positively impact your mind,
body & community...***

Lowers your blood pressure

Lowers your heart rate



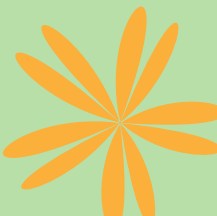
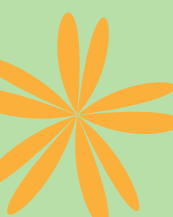
Lowers the levels of stress hormones

Decreases stress

Strengthens your immune function

Decreases depression, anxiety, anger, frustration & aggression

Improves happiness



SPOTLIGHT ON...

Kids With Asthma Can Do It All

IRHA Lunch & Learn: Winter, Spring, Summer & Fall

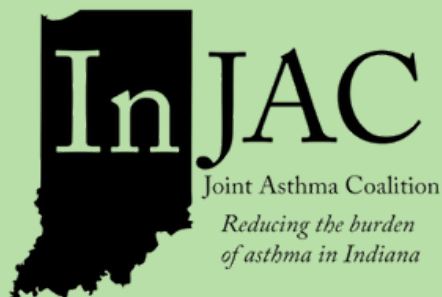
If you're interested in...

- Understanding asthma and the importance of exercise.
- Learning how green spaces relate to improving health outcomes.
- Identifying outdoor asthma triggers.
- Learning how to reduce or avoid outdoor asthma triggers while participating in physical activity.



Watch the full event at:

<https://youtu.be/TiHfymzmGml>



THANK YOU FOR YOUR INTEREST!

For any questions & more information visit our websites:

<https://indianactsi.org/community/initiatives/hoosier-health-and-wellness-alliance/about-us/>

<https://indianactsi.org/community/initiatives/indiana-joint-asthma-coalition/>

Resources:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/asthma/asthma-and-exercise>

[https://www.nhs.uk/conditions/asthma/living-](https://www.nhs.uk/conditions/asthma/living-with/#:~:text=With%20treatment%2C%20most%20people%20with,keep%20your%20symptoms%20under%20control.)

[with/#:~:text=With%20treatment%2C%20most%20people%20with,keep%20your%20symptoms%20under%20control.](https://www.nhs.uk/conditions/asthma/living-with/#:~:text=With%20treatment%2C%20most%20people%20with,keep%20your%20symptoms%20under%20control.)

<https://www.asthma.org.uk/advice/living-with-asthma/exercise-and-activities/>

https://www.cdc.gov/asthma/triggers_outdoor.html

<https://www.aafa.org/asthma-triggers-causes/>

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/asthma-and-exercise>

[https://www.fs.usda.gov/features/wellness-benefits-great-](https://www.fs.usda.gov/features/wellness-benefits-great-outdoors#:~:text=Studies%20also%20show%20that%20being,risk%20factors%20for%20cardiovascular%20disease.)

[outdoors#:~:text=Studies%20also%20show%20that%20being,risk%20factors%20for%20cardiovascular%20disease.](https://www.fs.usda.gov/features/wellness-benefits-great-outdoors#:~:text=Studies%20also%20show%20that%20being,risk%20factors%20for%20cardiovascular%20disease.)



Community Health
Partnerships
Indiana Clinical and Translational
Sciences Institute

