



Asthma, Weight & Exercise

Asthma triggers cause symptoms such as wheezing, shortness of breath that does not go away with rest, chest tightness and coughing, which comes and go.

Asthma flare-ups, or attacks, can be mild to severe, and can be life-threatening even in people with “mild” asthma. Common asthma triggers are:



Flare-ups are more common and worse when asthma is not well controlled. Asthma is best controlled by avoiding triggers and taking medications - most medications need to be taken daily.

HOW DOES EXCESS WEIGHT AFFECT ASTHMA?

- Having extra body fat adds weight to the chest and belly and stops the free flow of air into the lungs.
- Not being able to take deep breaths is linked with being overweight and not having an active lifestyle may also lead to airway narrowing.
- Excess weight can make the amount of blood going to the airways less and even change how well a patient responds to asthma medication.
- Overweight children are often unable to breathe in as much air, while having more airway twitchiness, making them more likely to start having asthma symptoms than children who are a healthy weight.
- People with asthma are more likely to be overweight than people who do not have asthma.

WHAT IS ASTHMA?

Asthma is a chronic (long-term), serious disease that causes the airways in the lungs to be twitchy or sensitive. Triggers (things that make asthma worse) make the airways:

- swell
- squeeze
- fill with mucus

Asthma is very common in children, but can start at any age.

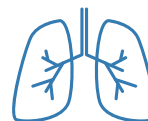
How Can Exercise Help Asthma?



Make a plan with your doctor



Everyone with asthma should be able to be active



Being active can improve lung strength and health



Children that run and play are less likely to become overweight