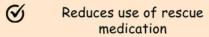


EXERCISE FOR PATIENTS WITH ASTHMA/COPD"



BENEFITS OF EXERCISE





Reduces occurrence of breathlessness





MEDICATIONS

Ventolin or Symbicort

Use 15 minutes before you exercise (if needed for exercise-induced asthma [breathlessness]).

Preventers

Ensure you are taking your inhalers regularly as prescribed.



Source: Exercise is Medicine Singapore. Exercise prescription guide (2nd Ed, 2023)

BEFORE YOU EXERCISE





Seek to control asthma

GINA Score:		(Aim	GINA	= 0))
-------------	--	------	------	------	---

- No recent exacerbations of COPD
- 1. Include warm-up and cool-down activities.
- 2. Avoid exercising in extreme temperature and humidity.
- 3. Breathe through the nose when exercising to avoid narrowing of the airways.
- 4. Refrain from exercising when unwell or when having a viral infection.
- 5. Resume exercise at a lower intensity after recovering from an illness.
- 6. Avoid exercising if symptoms such as shortness of breath, wheezing, chest tightness, or persistent coughing are present.
- 7. Avoid strenuous outdoor exercise when PSI level is above 100.
- 8. Ensure you have your quick relief inhaler with you when exercising.



Source: Exercise is Medicine Singapore. Exercise prescription guide (2nd Ed, 2023)