

# EXERCISE FOR PATIENTS WITH ASTHMA/COPD\*



## BEFORE YOU EXERCISE



- ✓ Seek to control asthma  
GINA Score: \_\_\_\_\_ (Aim GINA = 0)
- ✓ No recent exacerbations of COPD

## BENEFITS OF EXERCISE

- ✓ Reduces use of rescue medication
- ✓ Reduces occurrence of breathlessness



## MEDICATIONS

### 1 Ventolin or Symbicort

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

### 2 Preventers

Ensure you are taking your inhalers regularly as prescribed.



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.



\* Chronic Obstructive Pulmonary Disease

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

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