

EXERCISE-INDUCED-INDUTED ASTHMA



WHEEZING



COUGHING
COUGHING



SHORTNESS
OF BREATH

HOW TO SPOT THE THE SIGNS - TO SET



TIMER



WARM UP
WARM UP



LOW PACE



SLOW PACE
SLOW



WARM UP
WARM UP
WARM UP
WARM UP



ALL THESE
ALL THESE
ALL THESE
ALL THESE



REST
REST
REST
REST



STRETCH
STRETCH
STRETCH
STRETCH



How to spot the signs
in protect your health



EXERCISE YOUR
ASTHMA



Warm-up
after 20



Low pace warm-up
exercise

Use your
timer to
track your
exercise



Use your
timer to
track your
exercise

Exercise-asthma and
shortness if you health

There is a strong link between exercise and asthma. People with asthma should be encouraged to exercise. However, it is important to be aware of the signs and symptoms of exercise-induced asthma.

Preventing Asthma Attacks

- Exercise-asthma is a condition where the airways become inflamed and narrow, making it difficult to breathe.
- Symptoms include coughing, wheezing, and shortness of breath.

- To prevent asthma attacks, it is important to warm up before exercise and to take breaks when needed.
- It is also important to avoid triggers such as pollen and dust.
- If you experience symptoms, stop exercising and use your inhaler.

For more information on exercise-asthma and how to prevent asthma attacks, visit our website at www.asthma.org.uk

Allergies Asthma And Exercise The Science Of Health

M Mark



Allergies Asthma And Exercise The Science Of Health:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Allergies Asthma And Exercise The Science Of Health**

In a world inundated with displays and the cacophony of fast connection, the profound power and emotional resonance of verbal art frequently fade in to obscurity, eclipsed by the constant assault of noise and distractions. However, nestled within the lyrical pages of **Allergies Asthma And Exercise The Science Of Health**, a interesting function of literary splendor that pulses with organic thoughts, lies an wonderful trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that mesmerizing opus books readers on a mental odyssey, lightly revealing the latent potential and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is main themes, dissect its charming publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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