



Exercise-induced asthma (EIA) is a common condition affecting 12-15% of the population. Ninety percent of asthmatic individuals and 35-45% of patients with allergic rhinitis are afflicted by EIA, while 3-10% of the general population is also believed to suffer from this condition. People may spend lots of time indoors to avoid outdoor allergens.

Some people have poorly controlled or severe asthma. Yet, we're all told that we need to exercise anyway.... why?

ASTHMA CAN LEAD TO A SEDENTARY LIFESTYLE

Rather than staying physically active, people with asthma may try to avoid the triggers and might end up:

- Sitting around inside.
- They read books rather than playing sports
- Spend more time watching TV or surfing the net
- Spend extra time indoors to avoid outdoor asthma triggers
- May even avoid cleaning due to dust mites and mould spores.

BUT TOO MUCH SEDENTARY LIVING IS NOT GOOD

Having a sedentary lifestyle can lead to eating too many calories and Gaining weight. This is due to creating a calorie surplus & not burning what we eat.

This will also lead to a lower tolerant to exercise. This in turn will lead to their asthma getting worse. This way of life will then spiral into a viscous circle! With the asthma getting worse, they will wish to reduce the risk of an attack even further leading to an increased sedentary lifestyle.

This in turn affects mood and energy levels. It makes asthma control worse and can affect confidence in doing any activities.

EXERCISE AND ITS BENEFITS ON ASTHMA

The benefits of exercising, or at least staying physically active, are overwhelming. It seems every week you can read about some new benefit. Here is just a small list.

- Strengthens your heart.
- Strengthens your lungs.
- Improves your immune system.
- Makes you more tolerant to exercise.
- Reduces airway inflammation.
- Improves lung function.
- Improves your asthma control (when used as an adjunct with controller medicines).
- Improves your mood.
- Decreases feelings of depression.
- Increases your energy.
- Helps you control your weight.
- Reduces the risk of diabetes.
- Improves your overall quality of life.
- Reduces your risk of getting heart disease.
- Reduces your risk of developing hypertension (high blood pressure).
- Reduces your risk of developing osteoporosis.
- Reduces your risk of getting colon cancer.
- Reduces your risk of getting breast cancer.
- Helps you live longer.
- Helps you think better.
- Helps you learn better.
- Helps you feel overall healthier.
- Helps you feel happier.
- Helps you have more confidence.
- Helps you deal with stress better.
- Helps you have fewer asthma episodes.
- Plus, many more....

That's why the experts recommend that we all exercise, even if you have severe asthma.