

# ASTHMA & EXERCISE



2.7 MILLION AUSSIES!

## WHAT CAUSES ASTHMA?

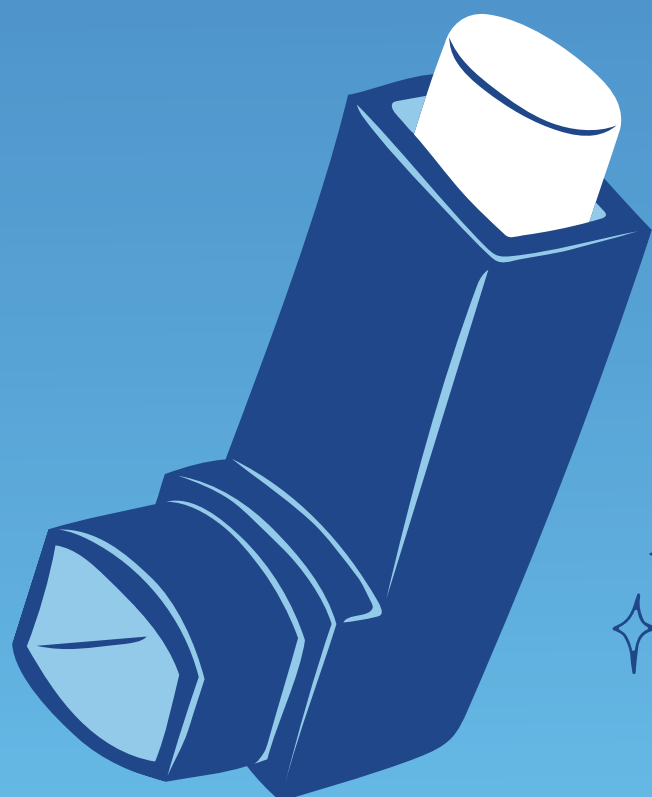
The causes of asthma are largely unclear. However, research shows links to both family history and the environment. Many factors can contribute to the development of asthma, including allergens, air pollutants, and obesity. The severity of attacks ranges from infrequent episodes of breathing discomfort to regular, serious, life-threatening bouts of airway obstruction.



33%

OF THOSE DIAGNOSED USE MEDICATION DAILY TO MANAGE CONDITION.

FIFTY  
50 by



## WHAT IS ASTHMA?

Asthma is a chronic inflammatory disorder of the airways that is associated with recurrent episodes of wheezing, breathlessness, coughing, and tightness of the chest. Widespread but variable narrowing of the airways, which obstructs the airflow, is often associated with these episodes. This narrowing can be reversed either spontaneously or with treatment.

## HOW CAN EXERCISE REDUCE SYMPTOMS?

Structured regular exercise should be a part of every asthma management plan. Exercise improves aerobic fitness, the person uses less of the maximum oxygen that is taken in by the body. This decreased use of oxygen reduces the likelihood of an exercise-induced attack. Other key benefits:

01

INCREASED  
PHYSICAL  
FITNESS

02

INCREASED  
LUNG  
CAPACITY

03

DECREASED  
AIRWAY  
INFLAMMATION

04

REDUCED  
RELiance ON  
MEDICATION

## EXERCISE RECOMMENDATIONS:

- Asthmatics should follow an exercise program consisting of a warm-up, a period of aerobic exercise, and a warm-down.
- All aerobic exercise should begin at low intensity, increasing the intensity as fitness level improves.
- Each session should last between 20 and 60 minutes, 3 – 5 times per week.
- **Severe asthmatics:** focus on strength training (lifting weights), flexibility training, and light aerobic physical activity.
- **Sedentary people:** start with continuous walking as this exercise is less likely to trigger an attack and prepare the muscles for future exercise.

## HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed for your specific needs to improve your health. Fifty 50 group fitness is also available across all club locations.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.