



## What Is Asthma?

by NEWLIFEOUTLOOK TEAM

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### Asthma in the Airways

You may not want to exercise or may not feel like you can, but you absolutely should exercise with asthma. It's true that you should avoid overexerting yourself, but that's true for anyone. Aerobics, resistance training, yoga, and Pilates are all great exercise types for asthma that can be done within you and your asthma's comfort zone. Choose an exercise that you can easily take your medication if you have an exercise attack, such as walking or running, especially if your asthma is exercise-induced. Resistance training is when you use weights or resistance bands. Always start with light weights to avoid injuries. Start off with the lightest weight you can and perform a few bicep curls. Increase the weight until you feel some resistance. Don't go so high as each curl takes a lot of effort. You can increase the weight over time.

