How Exercise Can Improve Symptoms of Asthma

by NEWLIFEOUTLOOK TEAM

Asthma and Benefits of Exercise

Individuals suffering from asthma may avoid any type of physical exertion since it can worsen the symptoms and make it harder to breathe. However, physical activity is an important factor in maintaining a healthy lifestyle and has countless benefits for everyone, including individuals suffering from asthma. Let's take a look at some of the benefits of exercise for asthma.

Individuals who have been diagnosed with asthma and have concerns about difficulty breathing can also work with a personal trainer who can create a customized exercise routine that may limit discomfort.

There are a couple of types of exercise routines that are more beneficial to individuals suffering from asthma, such as the following:

Aerobics

Certain types of aerobic exercises can be very beneficial to individuals suffering from asthma. Studies have shown that individuals who have asthma and engaged in aerobic exercises three hours a week saw a reduction in their negative symptoms and relied less frequently on inhalers and other medications after only two months. However, if you do plan on starting a strenuous aerobics routine, it is a good idea to consult your physician beforehand so that they can give you pointers and tips on what to avoid. When you begin aerobics training, it is a good idea to get into the habit of doing your routines in intervals. This will allow you to take breaks in between which will prevent you from over-exerting yourself.

Resistance Training

Resistance or strength training is a good way to improve your strength and get into shape. Different forms of resistance training include weights, resistance bands and even core training techniques. If you prefer a strength training regimen, squats and lunges are a great way to improve your leg strength. However, if you are going to be lifting weights, be sure to start light to avoid injuries. Your prior experience with weight training is a good indicator of how much your beginning weights should be.

Yoga

Many experts believe that Yoga is a beneficial exercise routine for individuals suffering from asthma. Although there are many different levels, it is usually easy to find a beginner class that won’t be overly strenuous. In addition, Yoga teaches proper breathing techniques that maximize lung capacity which could assist with shortness of breath. Different poses, such as the Cobra pose, are also believed to benefit asthma sufferers because it expands the chest and improves blood circulation.

Pilates

Much like Yoga, Pilates is also recommended for individuals suffering from Asthma because it improves your breathing technique and correctly expands and contracts core muscles. The techniques used in Pilates help asthma sufferers improve ventilation and clear their airways while improving strength. In addition, it also encourages optimal rib cage movement which is important for individuals suffering from asthma.