

Should asthma sufferers avoid sport?

No! With the right preparation, asthma sufferers can enjoy sport without any restrictions - even at the highest levels.

What should we be aware of?

There are various factors, known as triggers (see «Sport without discomfort»), which set off or contribute to an asthma attack. It is important to recognise these and avoid them. The following list may help:

- High ozone levels
- Outside temperature
- High pollen count

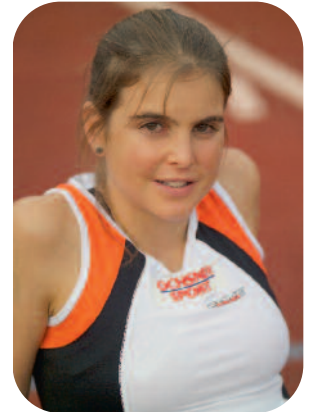
During sport

- Proper breathing technique: take low abdominal breaths and, under high impact, breathe out through pursed lips. Press the lips lightly together to breathe out against resistance. In this way the little airways in the lungs remain open.
- Breathe through your nose as much as possible
- Pay attention to body signals. If necessary:
 - Reduce speed or intensity
 - Take a break
 - Use an asthma inhaler
 - Have something to eat and drink



Before sport

- Use an asthma inhaler
- Wear sports clothing that lets your skin breathe
- Warm up gently for at least 10 minutes
- Set realistic training goals which don't overtax your body



After sport

- Gradually reduce intensity
- Breathe out through pursed lips and, if necessary, take up a position which makes breathing easier (e.g. goalkeeper's stance, or coachman's position)
- Perform gentle stretches to cool down
- Take off sweaty sports' clothes quickly to avoid catching cold
- Drink water, tea or juice to re-hydrate
- Relax

