

## Can Asthma And Exercise Be Used To Reduce Attacks?

Most people know of someone suffering from asthma. It is a very common respiratory problem, which is why asthma and exercise are not generally regarded as going together. If you consider the nature of asthma, it seems counterproductive to make sufferers take physical education classes at school, yet this is not only not avoided but is actively encouraged. Although a few children do suffer attacks during PE classes, it is not some form of devilish punishment, but a carefully agreed and structured part of an effective asthma and exercise treatment plan. If you consider how asthma and exercise relate, the reasons become clear. To explain this you have to understand the physiological process by which physical exercise can trigger an attack. What's the in-word for exercise these days? "Aerobics". How often have you heard a friend or relative say "I'm going to my aerobics class tonight", or something similar? Do you understand the meaning of the word "aerobics"? It means 'requiring oxygen'. In other words, it's an exercise, which requires the intake of a lot of oxygen, or heavy breathing. Most exercise is aerobic. Those that are not, the anaerobic exercises, are the explosive exercises such as heavy weight training. So normally, when we exercise hard, the body's requirement for oxygen is increased. Our heart rate increases to provide more oxygen to the muscles, and we breathe harder to make this happen, which in the extreme causes panting and tightening of the chest. Exactly the symptoms of an asthma attack. So how are asthma and exercise related? Well, exercise makes us fitter, doesn't it? It puts us in better shape, and when we are in good physical shape our bodies can withstand illnesses much better, and that includes asthma. It is known that asthma sufferers report fewer attacks when they have been exercising regularly than when they have not been exercising. However, exercise for an asthmatic needs careful planning, designed for each individual. It is crucial that asthma sufferers consult with their doctor regarding any treatment plan involving asthma and exercise. Of equal importance is that the sufferer is managing their condition, and its treatment, in a satisfactory manner prior to considering exercise as an extension of that treatment. The balance between asthma and exercise of the right type and amount is critical, but get it right and it is of tremendous advantage to sufferers. If you are going to commence an asthma and exercise program, it is essential that, prior to your work-out, you ensure that you are equipped for any attack which may occur, including having your inhaler handy and informing those with you that you suffer from asthma. A checklist would be handy to make sure that you have forgotten nothing. Keep in mind that if the asthma and exercise plan is not properly structured and supervised, it could bring on an attack. If you feel any symptoms coming on during your exercise, you should stop. The most important aspect of an asthma and exercise plan is that you are safe, and that you are fully in control of any situation that may occur. The important factor here, and whole reason behind asthma and exercise plans, is that asthma sufferers who exercise often report fewer attacks than those who do not. Asthma and exercise go hand in hand in controlling your condition, but never forget that your doctor must be fully aware of what you are doing, and agree to you doing it.

## About the Author

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