



Don't let asthma come between a child and exercise

Children with asthma should jump and play just as much as kids without asthma!

Active play and exercise can help:

- Physical Health
- Mental Health
- Lung Health

If asthma is getting in the way of active play or exercise:

- Talk to the doctor or asthma healthcare provider!
- They can make changes to the asthma action plan to include taking extra medication before exercising



Pretreatment can help kids be active

- Pretreatment is taking **2 puffs** of their quick relief inhaler **15 min before** activity
- Make sure each child's **quick relief medication** and **spacer** are **close to them when they exercise**



Famous athletes with asthma:

Olympic Swimmer • Michael Phelps
Olympic Skater • Kristi Yamaguchi
NBA Star • James Harden



BACK is a school-based asthma program to improve asthma control so kids are ready to play and learn.

Check out [Coloradokidswithasthma.org](https://coloradokidswithasthma.org) for more information about asthma.

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