

Why does exercise cause asthma symptoms?

For many people with asthma, doing hard exercise or exercising too much can make asthma symptoms worse. Breathing fast may make your airways more sensitive. You may start feeling asthma symptoms within 5 to 20 minutes after starting exercise.

It's important that you stay active. There are ways to be active without having asthma symptoms. Here are some things you can do:

- Make sure you warm up before you exercise
- Cool down after exercising
- Choose different activities that give you chances to slow down your breathing
- Exercise in warmer areas. Exercise indoors during cold weather and pollen season



TIP

Ask your health care provider about how much and what kind of exercise is good for you.



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