

EXERCISE-INDUCED-INDUTED ASTHMA



WHEEZING



COUGHING
COUGHING



SHORTNESS
OF BREATH

HOW TO SPOT THE THE SIGNS – TO SET



TRIGGER



WARM-UP
WARM-UP



WARM-UP



WARM-UP



WARM-UP
WARM-UP
WARM-UP



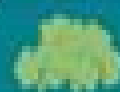
WARM-UP
WARM-UP
WARM-UP



WARM-UP
WARM-UP
WARM-UP



WARM-UP
WARM-UP
WARM-UP



How to spot the signs
in protect your health



EXERCISE YOUR
ASTHMA



Warm-up
after 20



Indoor use warm-up
exercise

Warm-up
after 20



Use sun goggles
after 10

Exercise-asthma and
shortness in your health

There is a strong link between exercise
and asthma. Exercise can trigger asthma
symptoms. However, exercise can also
help control asthma symptoms. To get the most
out of your exercise routine, you need
to know how to spot the signs.

Preventing Asthma and Asthma Symptoms

- Exercise can trigger asthma symptoms. However, exercise can also help control asthma symptoms. To get the most out of your exercise routine, you need to know how to spot the signs.
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WELB is a leading provider of health and fitness information. We provide the latest information on health and fitness, including the latest research on exercise and asthma.

Allergies Asthma And Exercise The Science Of Health

Marco Cascella



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