

Allergies and Asthma

Do allergies have you feeling under the weather? You don't have to pump the brakes on your workout routine just yet. Follow the "neck rule" to decide if exercise may be good for you:¹

Are you experiencing symptoms **above the neck**, such as sore throat, nasal congestion, sneezing, or allergy-like symptoms?

Light to moderate exercise is a natural decongestant and can help make easier to breathe if you're feeling stuffy

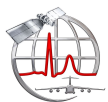
Are you having symptoms **below the neck**, such as coughing up mucus, chest congestion, fever, fatigue, or body aches?

Be sure to rest until the symptoms are gone (and to avoid getting others sick)!



Remember, you know yourself better than anyone else...if in doubt, just rest it out!

1. Consortium for Health and Military Performance. (2018). "Under-the-weather" rules for your next workout. Human Performance Resources by CHAMP. <https://www.hprc-online.org/physical-fitness/injury-prevention/under-weather-rules-your-next-workout>

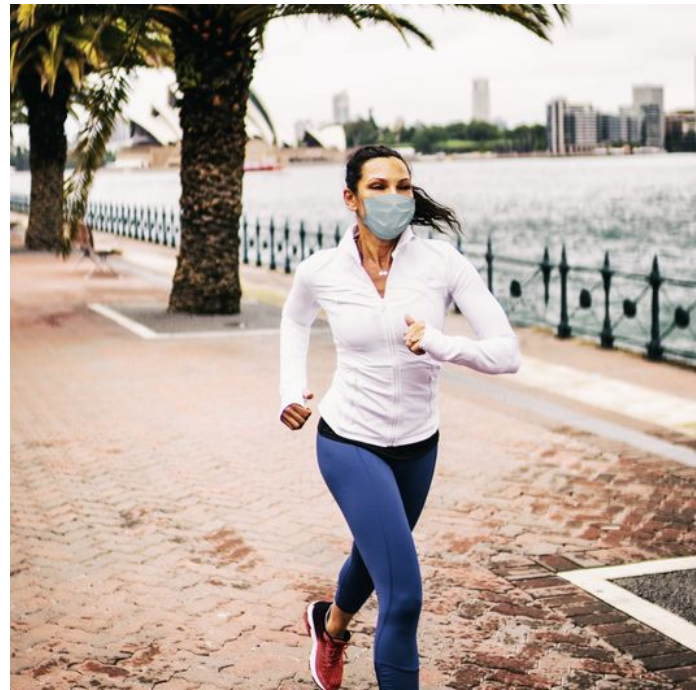


Don't Let Asthma Slow You Down

Exercising with asthma can be a challenge, but you can still achieve your fitness goals:¹

1. Use an inhaler before you start!
 - a. Use a **short-acting inhaler** about 15-20 minutes before exercise.
 - b. Use a **long-acting inhaler** at least 30 minutes before exercise.
2. Avoid exercising outdoors when pollen or pollution is high.
3. Cold, dry air can aggravate asthma symptoms - breathe through your nose, or wear a mask or scarf.
4. Avoid exercising near freshly mowed fields and lawns.
5. Be sure to warm up before your workout and don't skip the cool down afterward.

Short & Sweet. Short bursts of activity, such as swimming and cycling, can be beneficial to those with asthma as it can help build heart and lung endurance. Exercising in short bursts is also less likely to trigger an asthma attack versus taking part in longer activities, such as long-distance running.²



1.Parsons, J.P. (2017). Out of shape, or exercise-induced asthma? Ohio State Health & Discovery.

<https://health.osu.edu/wellness/exercise-and-nutrition/out-of-shape-or-exercise-induced-asthma>

2.Global Allergy & Airways Patient Platform. (2023). Breathing Exercises and Techniques for Asthma - Global Allergy & Airways Patient Platform.

<https://gaapp.org/diseases/asthma/breathing-exercises-and-techniques-for-asthma/>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you. Send your questions to usaf.ibsa.afmsa.mbx.hpo@mail.mil. For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

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