5 STEPS TO BREATHE BETTER

Feel better and breathe better this World Asthma Day

#1 GET MOVING
don't let your asthma stop you being physically active

#2 EAT WELL
a healthy diet is good for your lungs and your waistline

#3 HEALTHY BODYWEIGHT
losing weight can help you feel better and breathe better

#4 SPEAK UP
if your asthma is getting you down, speak to your doctor

#5 GO SMOKE FREE
smoking and asthma are a dangerous combination

TAKE CARE OF YOUR ASTHMA

- See your doctor for regular asthma check-ups
- Follow an up-to-date written asthma action plan, prepared with your doctor
- Take your preventer medicines regularly, as prescribed
- Check your inhaler technique with your pharmacist or practice nurse
- Understand what triggers your asthma and how to manage this

nationalasthma.org.au