This Information only can be used under the terms you can find at
To play and practise sport is inherent to children and adolescents. Children with asthma are able to practise sports. In fact, sport is good for their disease:

- Children and adolescents with asthma improve their lung function.
- Sport prevent obesity (overweight is bad for correct respiratory movements)
- children-adolescents with asthma feeling good and "normal" (like other children and adolescents without asthma).

Parents always ask the same question "is my child able to practise sport?" Now, you know the answer:
Yes, of course!

**Choosing an Sport**

Every child must choose any sport he/she wants to play. This is the best strategy in order to choose an sport.

Usually sports like
- football
- soccer
- athletics
- basketball
- cross country
produce more asthma attacks than others like:
- swimming
- tennis
- badminton
- karate and similars...
but remember our strategy
What Do I do if my child suffers an asthma attack during the sport?

• stop sport immediately

• take correct medicine for quick relief (inhaled b2 agonist)

• contact with your doctor

Preventing Asthma Attack caused by Sport

• correct training is the best way to prevent asthma attack (before sport: warming up, preheating, muscle stretching..and when sport has finished, stretching and cooling down)

• some children need to take medicine before starting sport. If you need it never forget it!