

When you're feeling like a superhero -VS- when things feel tough

SUPER!

TOUGH

Asthma

When you take your regular inhaler = better asthma control

When you often forget to take your inhaler = less asthma control

Breathing

When you breathe through your nose to your lower ribs = less symptoms

Breathing through your mouth to the top of your chest = more symptoms

Exercise

The fitter you are the better your asthma can be controlled

Exercise feels hard and you feel breathless if your asthma is less controlled

