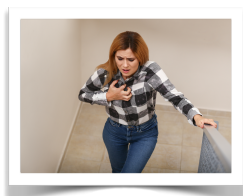


MANAGE EXERCISE INDUCED BRONCHOSPASM (EIB) with Buteyko breathing control techniques

Breathing and Fitness

We can all recognise that feeling really out of breath after just a small amount of exercise is a common sign of being unfit.



For some people the problem is made much worse by the fact that simply breathing hard and fast when exercising can also **cause EIB**, making it even harder for them to get their breath.

Understandably many people are put off the idea of taking any exercise because of the risk of bringing on symptoms. This can lead to a vicious cycle of decreasing fitness.

Gradually Improving Fitness

Once you have regained confidence and improved your fitness with the 15 minute walk then you may want to try other exercise or sports. The fact that many top sportsmen and women have a history of EIB shows that, by itself, the condition is not an insurmountable barrier to getting fit.

It may not be as easy as it is for those without breathing problems but it shows that there are things you can do to improve your general health.



15 Minute Walk

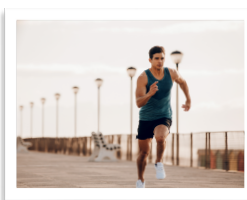
If you are currently one of the 50% of UK adults who don't take any regular exercise at all then a reasonable place to start is with a simple 15 minute walk, every day.

There are a few Buteyko principles to bear in mind:

- 1 Breathe through your nose all the time, both in through the nose and out through the nose. *(If your nose is blocked then have a look at the Buteyko nose clearing exercises.)*
- 2 No talking. In order to maintain nose breathing for the duration of the walk you should not talk.
- 3 Cover your nose and mouth with a scarf on a cold day to prevent cold, fast air travelling down to your throat or lungs.
- 4 If you feel the need to open your mouth then stop, rest for a minute or so, and then carry on at a slower pace.

Exercising Without Symptoms

In the beginning it helps to choose types of exercise like walking or jogging where you are in complete control of the pace of the activity. If you get involved in team games it may not always be practical (or popular!) for you to stop if you need to get control of your breathing.



Take several weeks to increase the level of your activity gradually. In other words don't try to run before you can walk – literally!

Don't exercise if you have a respiratory infection or if your breathing is out of control. Watch out for days when the pollen count is high and try to avoid heavily polluted areas.

For more information visit www.buteykobreathing.org

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This technique can be used to help with a variety of respiratory conditions and dysfunctional breathing. If your breathlessness or other respiratory symptoms become worse contact your doctor for advice and support.

