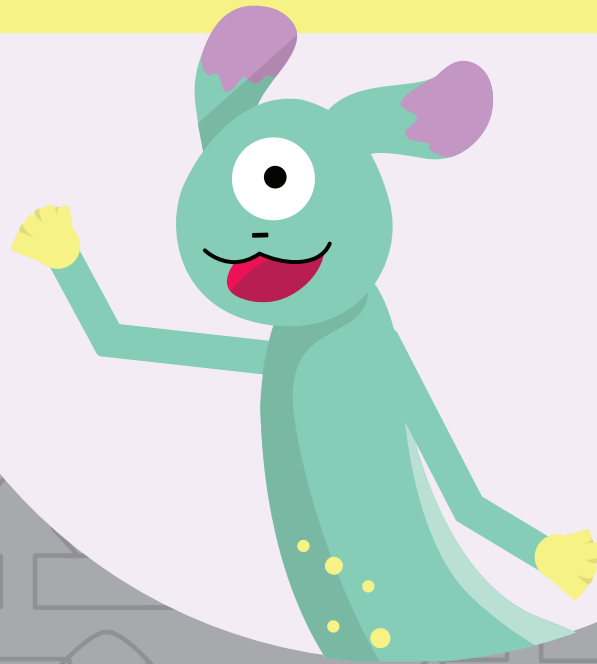


# Agito Breathes Easy



## ASTHMA



for  
KIDS



Lily lives with a chronic condition called

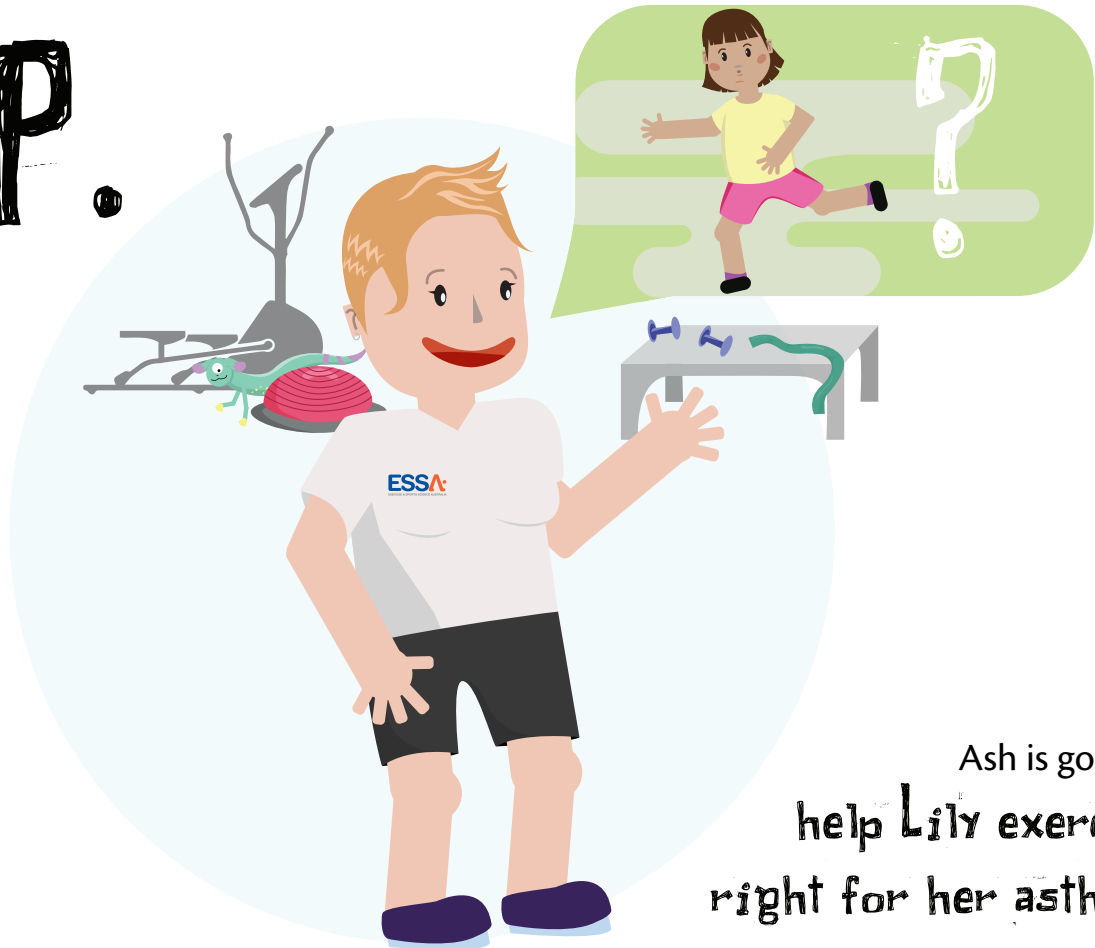
**asthma.**

Lily's father takes her to see an **Accredited Exercise Physiologist.**



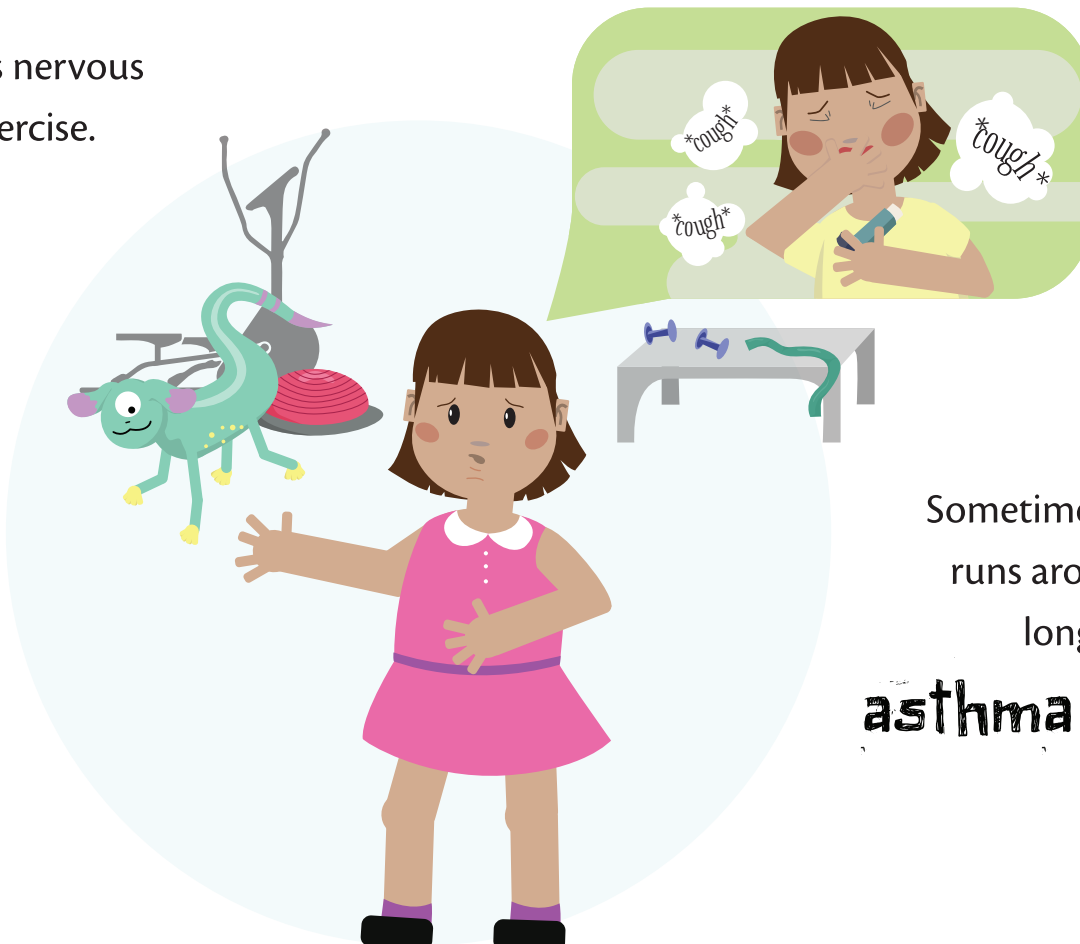
Ash is an

# AEP.



Ash is going to  
**help Lily exercise**  
right for her asthma.

Lily is nervous  
to exercise.

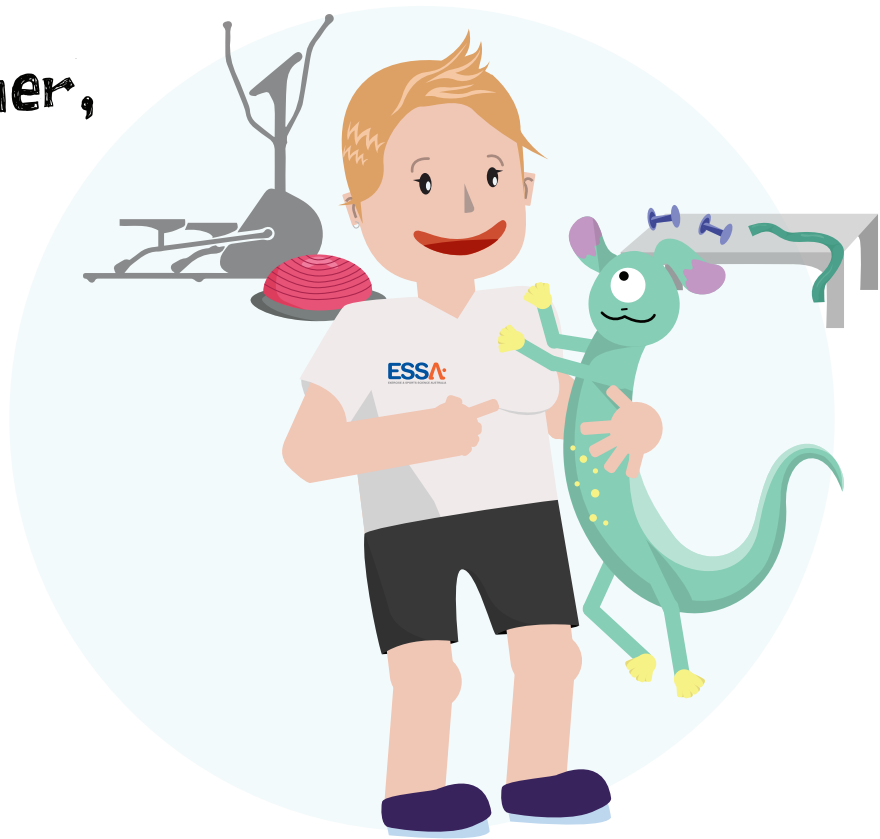


Sometimes when she  
runs around for too  
long she has an  
**asthma attack.**

Ash tells Lily there are  
certain exercises

perfect for her,

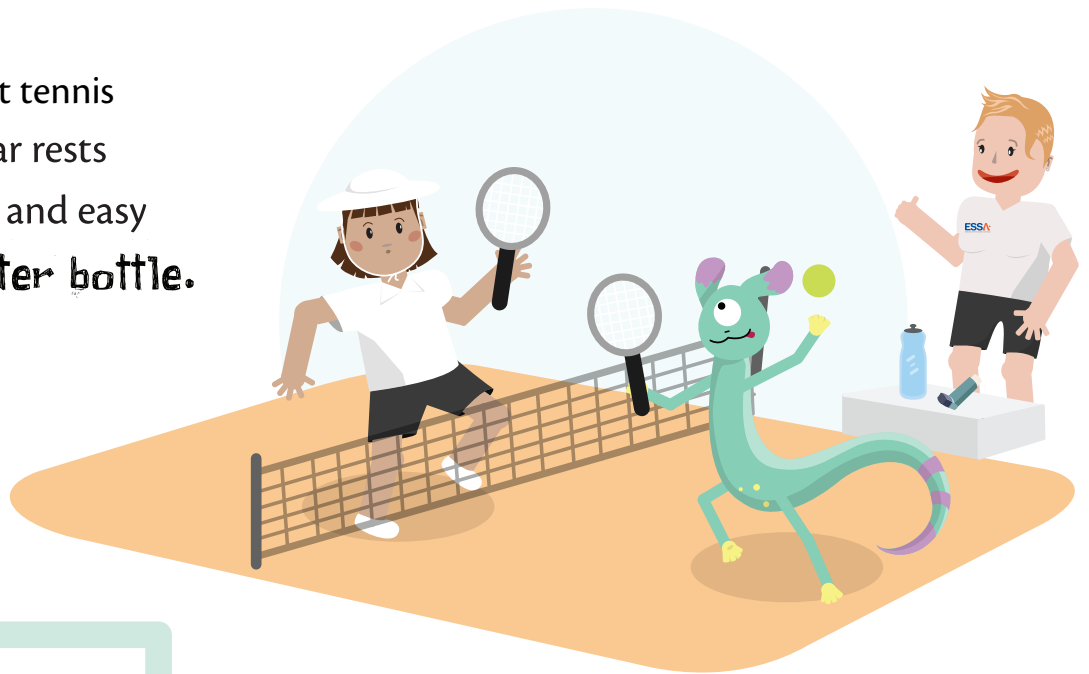
and Agito  
is here to  
help her!



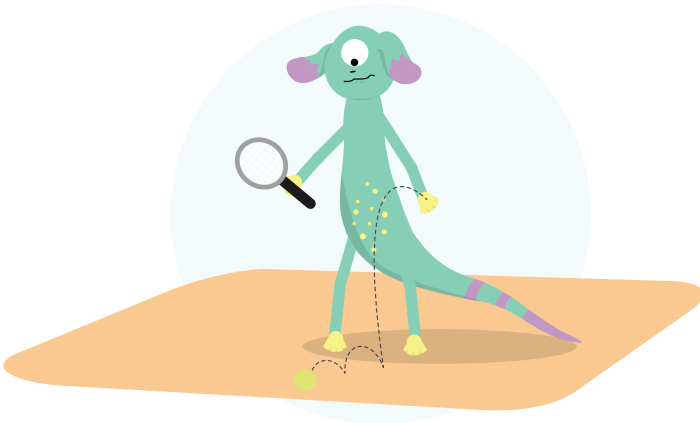
# Tennis

is a great sport for kids  
with asthma to play.

Ash explains that tennis allows for regular rests between games and easy access to a **water bottle**.

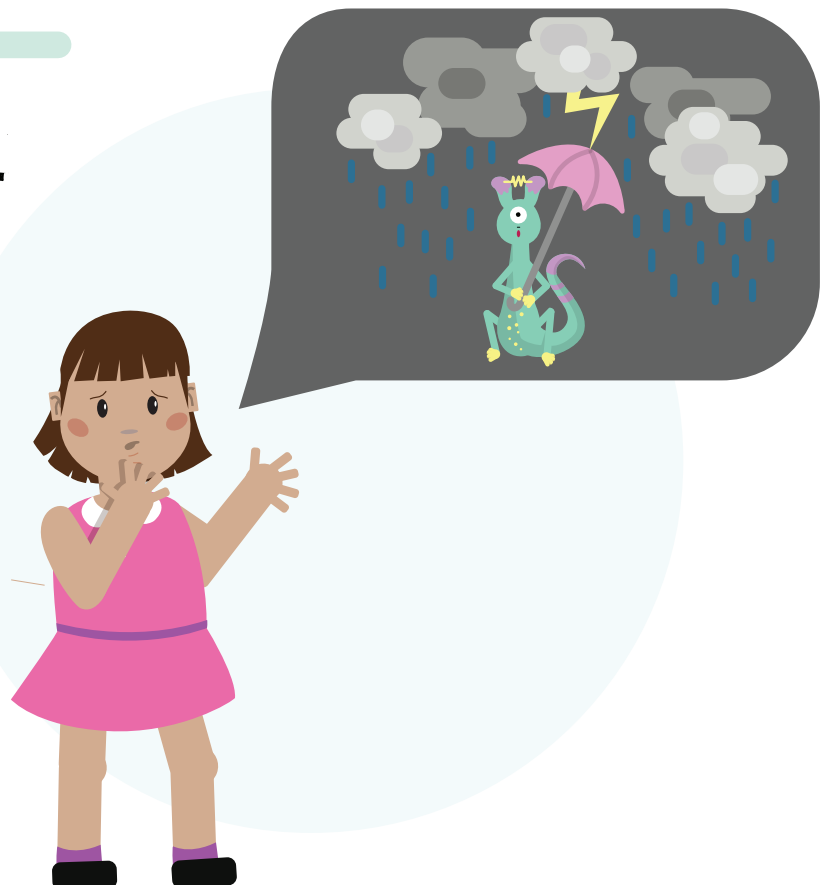


Lily and Agito can also **control the pace** of the game when hitting the ball back and forth.



"But what about when it's cold and rainy?"

asks Lily.



Ash has a solution for that too....

# Yoga!



Although not a sport, yoga is a great in-door exercise for controlled breathing.

**It's perfect for kids with asthma.**





It will  
strengthen Lily's  
lungs and heart,

and will help reduce her  
asthma attacks.

---

Ash explains to Lily and her father that she will  
still need her inhaler when exercising.



Lily and Agito can now  
exercise right  
together.

# Asthma

Asthma is a long-term lung condition that can be controlled but cannot be cured. Children with asthma have sensitive airways in their lungs which react to triggers causing a flare up, also known as an asthma attack. Symptoms vary from child to child but typically include breathlessness, tight feeling in chest, wheezing or coughing. These symptoms usually occur at night, early in the morning or during/just after physical exertion.

## Accredited Exercise Physiologists (AEPs)

Accredited Exercise Physiologists (AEPs) are referred to when working with children that have specific medical conditions, or are at significant risk of developing medical conditions, where exercise and healthy behavioural changes are required as part of their management or prevention. The AEP works with the child's chronic condition to make a special exercise program just for them.

Find your local AEP by visiting [www.exerciseright.com.au](http://www.exerciseright.com.au)

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for  
KIDS