Keep in stride by managing your allergies or asthma.

If you have allergies or asthma, the effects can range from annoying to life-threatening. But a few simple measures can help you stay on top of your condition and live life to the fullest. Here are some pointers:

**Saddle up.**
Start by knowing your personal triggers and taking steps to avoid them. Common allergens include pollen, mold, dust, and pet dander.

**Take the reins.**
For asthma, put together an action plan—combining medication and home monitoring—and adjust it when needed with your doctor.

**Stay calm.**
Use relaxation techniques to help you catch your breath and slow your heart rate.

Visit kp.org/allergies or kp.org/asthma to learn more ways to breathe easier.

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