

WHAT SPURS YOU ON?



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.

LEARN MORE

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

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