

Resources for Asthma

Please see below helpful links for Asthma:

- Understanding asthma - www.asthma.org.uk/advice/understanding-asthma/
- What to do in an asthma attack - www.asthma.org.uk/advice/asthma-attacks/
- Help to manage your asthma - www.asthma.org.uk/advice/manage-your-asthma/
- How to use your inhaler - www.asthma.org.uk/advice/inhaler-videos/

Diet

- Providing information and recipes for easy ways to eat better from the 'One You' website www.nhs.uk/oneyou/for-your-body/eat-better/

Exercise

Information on home exercise workout plans:

- 'One You' website www.nhs.uk/oneyou/for-your-body/move-more/
- Asthma UK website www.asthma.org.uk/advice/triggers/exercise/
- iPrescribe app offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user. It then sets the duration and intensity of the exercise based on this information, please see free download here www.nhs.uk/apps-library/iprescribe-exercise/
- Getting active around the home: tips, advice and guidance on how to keep or get active in and around the home from Sport England, access for free using link here <https://weareundefeatable.co.uk/>
- Dance to health: Online dance programme especially tailored to people over 55 years old. Access for free using link here www.dancetohealth.org/Online_Session/Online_Sessions

Smoking cessation

Support, stop smoking aids, tools and practical tips:

- 'One You' website www.nhs.uk/oneyou/for-your-body/quit-smoking/

Mental Health

Tips and suggestions for looking after your mental health:

- 'One You' website <https://www.nhs.uk/oneyou/every-mind-matters>

Peer support: communities of people living with asthma:

<https://healthunlocked.com/asthmauk>