



## Speaking from Experience Asthma in Adults

### Transcript for chapter 8 of 12: Exercise

**John:** I think it's important to do it. It's important for anyone, whether you've got asthma or not, to keep fit. But especially asthmatics, I think it's vitally important.

**Arthur:** I used to jog every second morning. Probably two k's (kilometres), two and half k's, three k's. And I did that up until I was nearly the age of sixty. So I do feel that the fact that I have good lung function has helped me to live with the asthma complaint.

**Glenda:** I avoid extra strenuous activity nowadays. But I walk a lot. If I can possibly walk instead of taking the car, then I walk. I do exercises, a few exercises. I go to Shibashi lessons, which I find good. That's a bit like Tai Chi, only gentler. And I do some exercises for my back, and some breathing exercises if I feel that I need it.

**Leisl:** My doctor turned around and said to mum, "Well, as a last resort, why don't we try a personal trainer?" And I sort of laughed at this, saying, "Yep, I'm exercise-induced. This is really good."

**De:** I walk a tremendous amount, but I don't do 'ups' - I don't do stairs, I don't do hills, I don't do steps cut in the sides of hillsides, if I want to go and see Puffing Billy in the middle of nowhere, because that will bring on an asthma attack with me.

**Leisl:** Anyway, we got this personal trainer and she started working with me while I was in bed. I started just doing leg lifts really gently, and just arm lifts off the bed, which was extremely exhausting. But, you know, you sort of work your way through.

**John:** I'm not a bad asthmatic, I'm a regular asthmatic. There are people who have got this condition to such a point where they can't - they can't walk, they can't walk up stairs.

**Leisl:** I now don't have any personal trainers, I do it all myself. I own a full home gym.

**John:** We used to all get on bikes and ride up to Warrandyte, and go swimming in the river. Now his mum wouldn't let him do that, and I think that was a mistake. Yes, you might wheeze, and yes, you might... but you'll get there.

**Leisl:** So I sort of got through all of this and got my weight back down. Now my weight is back down to fifty-nine, and I was one hundred and ten. So I got there, which I was really pleased with. And I feel fitter and better within myself.