



Asthma.ca[™]

Asthma Society of Canada



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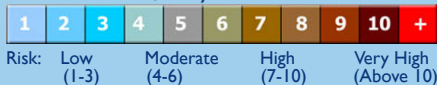
toronto.ca/health/airquality/2020/

Having a bad air day? Don't let it slow you down!

Air pollution can cause increased asthma symptoms, such as coughing, wheezing, chest tightness and increased inhaler use. During exercise, you breathe deeper and faster, which leads to more air pollution entering your lungs. This can trigger asthma symptoms.

The Air Quality Health Index (AQHI) is an online tool that helps you identify when air quality is at a safe level to participate in outdoor activities.

Air Quality Health Index



Plan your outdoor activities by checking the AQHI to minimize health risks – it's as easy as checking the weather! To check the AQHI, visit airhealth.ca



Team Asthma is a community of Canadians who have asthma, or a connection to asthma. We are leading active, healthy lives and are proving that asthma cannot stop us from reaching our goals.

Team Asthma members are active in running, walking, triathlons, fitness classes, hiking, paddling, hockey, skiing and so much more!

Active Team Asthma members also play a crucial role in helping to raise awareness and money toward asthma treatment. We do this by participating in organized races across Canada such as 5k, 10k, half marathons and marathons!

Join Team Asthma today to receive your free Team Asthma technical t-shirt at www.asthma.ca/teamasthma