

## What are some safe exercises that can help my child's asthma?

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**Yoga and biofeedback can be useful in improving control and relaxation of breathing. When used with prescribed asthma medications, yoga helps to:**

- reduce frequency and intensity of asthma attacks
- decrease medication use



**Kids Yoga**

[◀ What are some safe Cultural Alternative Therapies? up](#) [What about letting my child play outside or in sports? ▶](#)

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<http://www.asthmabasics.org/handbook/be-prepared-make-a-plan/what-are-some-safe-exercises-that-can-help-my-child-s-asthma>