

# Living with Asthma Q&A



- **Q: I use tobacco, but my spouse has asthma so I want to quit. Do you have any resources to help me?**
- A: Yes! I suggest looking at [smokefree.gov](http://smokefree.gov) and you can always talk to your doctor or health care professional to see what options might be best for you like patch, gum or prescription drug. The My Active Health website also has digital coaching on the subject of quitting tobacco. You may want to check that out!
  
- **Q: I want to exercise, but I am really worried about my asthma acting up. Is it okay not to exercise for a full 30 minutes?**
- A: You want to do what is best for your body. Exercise benefits our bodies even in smaller increments, like 10 minutes. We want to strive for 150 minutes of exercise a week, but if that is too much for your asthma symptoms, then strive for what you are most comfortable with. It will still make a difference in your health!