

empower your well-being checklist

Asthma

For an easy way to improve your health, follow the Empower Your Well-Being Checklist. This list provides quick wellness tips to fit in o your daily life. To use, check off the tips you complete each day. Set a goal for how many you can complete!

Goal	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Work towards achieving or maintaining a healthy weight. Being overweight can worsen asthma symptoms							
Vary your fruits and vegetables: Try to eat 5 cups of colorful fruits and vegetables daily							
If they don't worsen your asthma symptoms, include high-fiber foods daily: Choose fruits, vegetables, whole grains, nuts and seeds. Recommendations: Men = 38g/day; Women = 25g/day							
Choose the right fats: Aim for healthy fats, like the kinds found in olive oil, salmon and nuts							
Avoid processed meats, like hot dogs, sausage, salami, ham and bacon							
Take a daily dose of vitamin D: Talk to your doctor or pharmacist about the amount that's right for you							
Vitamin E may reduce the risk of some asthma symptoms. Choose vitamin E-rich foods: Almonds, pumpkin seeds, sunflower seeds, Swiss chard, kale, broccoli and hazelnuts							
Cook with spices that may lower inflammation: Look for turmeric, cinnamon and ginger							
Use the Food and Symptom Tracker: Avoid gas-causing foods, common allergens, sulfites and/or salicylates if you find these foods trigger asthma symptoms							
Limit foods that may trigger heartburn: High-fat, fried or greasy foods, spicy foods, mint (fresh and flavoring), tomatoes, caffeinated beverages and carbonated beverages							

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Avoid lying down for 2-3 hours after eating to prevent heartburn symptoms							
Movement: Try to get in at least 30 minutes of physical activity. Talk to your doctor about your asthma action plan, as well as recommended activities							
Work to manage your stress level: Try yoga, meditation, journaling or another relaxing activity							
Sleep: Aim for at least 7–9 hours of sleep each night							
Connect with others: Join an online or local support group							
Medications: Take your medications as prescribed							
Stay away from tobacco and alcohol. If you do drink alcohol, follow your doctor's recommendations							