

# Why You Should Enroll Your Child with Asthma in Swimming Classes

Swimming not only helps kids get exercise, it can actually *improve* asthma symptoms

National Jewish Health

|  |  |
|--|--|
| Produced by: MediaSource<br><a href="http://www.mediasourcetv.com">www.mediasourcetv.com</a> | To download broadcast-quality video and other multimedia elements: <a href="http://bit.ly/2kS0E5v">http://bit.ly/2kS0E5v</a> |
| Package Length: 1:43   | Content provided by: <b>National Jewish Health</b>   |

## NEWS PACKAGE

|   |   |
|---|---|
| <b>SUGGESTED TEASE</b>  | STILL TO COME, IT'S NOT ALWAYS EASY FOR KIDS WITH ASTHMA TO EXERCISE.<br>BUT EXPERTS SAY THERE IS ONE ACTIVITY THAT NOT ONLY HELPS THEM GET FIT, BUT ALSO CAN IMPROVE THEIR <i>SYMPTOMS</i> . DETAILS NEXT IN HEALTH NEWS.  |
| <b>ANCHOR LEAD</b>  | FOR THE MORE THAN <a href="#">SIX MILLION</a> CHILDREN <sup>1</sup> WITH ASTHMA IN THE U.S., STAYING ACTIVE AND IN SHAPE CAN BE A CHALLENGE.<br>FEARING AN ASTHMA ATTACK, MANY CHILDREN AND THEIR PARENTS TEND TO SHY AWAY FROM TOO MUCH EXERCISE.<br>BUT EXPERTS SAY THERE IS ONE ACTIVITY CHILDREN CAN DO THAT'S NOT ONLY SAFE, BUT ALSO CAN ACTUALLY <i>IMPROVE</i> THEIR ASTHMA SYMPTOMS. CLARK POWELL HAS DETAILS. |
| <b>(PACKAGE START) -----</b>                                    |   |
| <b>CG: Courtesy: National Jewish Health</b><br><b>:00 - :03</b> | (Nats - Playing in gym) :02   |
| Shots of Kristian throwing ball                                 | ELEVEN-YEAR-OLD KRISTIAN JACKSON SUFFERS WITH SEVERE ASTHMA, SO EXERCISE HASN'T ALWAYS BEEN EASY. IN FACT, AT TIMES, IT'S EVEN LED TO SERIOUS ATTACKS. :08  |
| <b>CG: Kristian Jackson Suffers from asthma</b>                 | "When it starts to flare up, like my shoulders go up, it feels tight like everything's kind of blacking out, because it feels like I'm going to faint or something." :09  |
| Shots of Kristian taking medication                             | KRISTIAN RELIES ON DAILY MEDICATION TO CONTROL HIS ASTHMA, AND IN THE PAST, HE STRUGGLED TO FIND WAYS TO SAFELY STAY ACTIVE. :07  |
| Shot of Kristian jumping into pool                              | (Nat sound: Kristian splashing into pool) :01   |
| Shots of Kristian swimming                                      | UNTIL HE WAS INTRODUCED TO THE POOL. :02  |

**Producers and Reporters: To download scripts, video and photos go to:**



<http://www.multimedianeewsroom.tv>

|   |  |
|---|--|
| <p><b>CG: Tod Olin, MD</b><br/>National Jewish Health</p> <p>Shot of Kristian swimming</p> <p>Shots of Kristian in class</p> <p>Shot of Kristian taking medication</p> <p>GoPro shot of Kristian swimming</p> | <p><i>“If you want a specific recommendation as to an activity that won’t trigger an asthma attack, swimming tends to be a great one.” :07</i></p> <p>BUT FOR KRISTIAN, SWIMMING ISN’T JUST A PASTIME, IT’S PART OF HIS SCHOOL CURRICULUM. KRISTIAN GOES TO MORGRIDGE ACADEMY ON THE CAMPUS OF NATIONAL JEWISH HEALTH IN DENVER. IT’S A SCHOOL SPECIFICALLY FOR CHILDREN WITH CHRONIC ILLNESSES WHO NEED DAILY MEDICAL TREATMENT. THEY SEE SWIMMING AS MORE THAN EXERCISE, TO THESE EXPERTS, IT’S THERAPY. :17</p> |
| <p><b>Jennifer McCullough</b><br/>Director of Education, Morgridge Academy</p> <p>Shots of Dr. Olin and Kristian in exam</p> <p>Shots of swimming</p>   | <p><i>“When you get them into that pool with that warm air, and teach them how to regulate their breathing, they can do a lot more with physical activity than they would be able to do otherwise.” :09</i></p> <p>DOCTOR TOD OLIN SAYS THE KEY IS THE HUMID AIR IN THE INDOOR POOL, WHICH KEEPS AIRWAYS OPEN. SOMETHING FOR ALL PARENTS TO CONSIDER IF THEY HAVE CHILDREN WITH ASTHMA, BECAUSE EXERCISING OUTDOORS - ESPECIALLY IN THE COLD - CAN CAUSE PROBLEMS. :12</p>   |
| <p><b>Tod Olin (CG’d earlier)</b></p> <p>Shots of Kristian swimming</p>   | <p><i>“The airways dry out a little bit. And then that sets off a cascade of reactions that ultimately squeezes down the airway. So if we can prevent that initial airway-drying step by staying in a humid environment, we prevent the asthma attack all together.” :12</i></p> <p>IT’S WORKED FOR KRISTIAN, WHOSE TIME IN THE POOL HAS LED TO VAST IMPROVEMENTS IN HIS LUNGS. :05</p>  |
| <p><b>Kristian Jackson (CG’d earlier)</b></p> <p>Shot of Kristian smiling in pool</p> <p><b>(PACKAGE END) -----</b></p> <p><b>ANCHOR TAG</b></p>  | <p><i>“It feels like it strengthens them. It really strengthens my muscles, and it’s also really fun.” :07</i></p> <p>AT NATIONAL JEWISH HEALTH IN DENVER, THIS IS CLARK POWELL REPORTING. :03</p> <hr/> <p>BESIDES THE HUMID AIR AT THE POOL, EXPERTS SAY SWIMMING ALSO HELPS KIDS CONTROL BREATHING BECAUSE THEY ARE FORCED TO TAKE LONG, DEEP BREATHS BEFORE GOING UNDER</p>  |

**Producers and Reporters: To download scripts, video and photos go to:**  
<http://www.multimedianeewsroom.tv>

|  |  |
|--|--|
|  | <p>WATER.</p> <p>STARTING AN EXERCISE ROUTINE WITH SWIMMING CAN HELP KIDS WITH ASTHMA STRENGTHEN THEIR LUNG FUNCTION AND TRANSITION INTO PLAYING OTHER SPORTS THEY LOVE.</p> |
|--|--|

**SOCIAL MEDIA**

|   |  |
|---|--|
| <p> Share it! Suggested tweet:</p> | <p>Experts @NJHealth say indoor swimming is the perfect activity to help kids with asthma get fit and prevent attacks. <a href="http://bit.ly/2kS0E5v">http://bit.ly/2kS0E5v</a></p>   |
| <p> Suggested post:</p>            | <p>It can be a challenge for children with asthma to find safe ways to exercise and stay fit. But doctors at National Jewish Health say there is one activity that can not only help kids get in shape, it can actually improve their asthma symptoms. See how swimming is making a big splash in children with asthma and helping their parents breathe a bit easier. <a href="http://bit.ly/2kS0E5v">http://bit.ly/2kS0E5v</a></p> |

**EXTRA BITES**

|   |  |
|---|--|
| <p><b>CG: Tod Olin, MD<br/>National Jewish Health</b></p> <p><br/></p> <p><b>Jennifer McCullough<br/>Director of Education, Morgridge Academy</b></p> | <p>Olin says the humidity at the pool prevents asthma attacks:<br/><i>“I think the humidity is a really big part of this. And so, we know that the kids with asthma are less likely to trigger their asthma attacks if they’re in a really humid environment.”</i></p> <p>Olin says winter sports can trigger asthma symptoms:<br/><i>“With respect to the specific sports that trigger asthma, the dry, cold-weather sports that force you to breathe a lot are going to be more problematic.”</i></p> <p>Oln explains how swimming controls breathing:<br/><i>“The water introduces this level of complexity with breathing where you have to have you head above the water to take that breath. So, it will force kids to control their breathing, they’ll be less likely to, say hyperventilate a little bit if they’re going, you know, above water and below water and things like that, so it is a much more conscious breathing.”</i></p> <hr/> <p>McCullough describes Morgridge Academy:<br/><i>“Morgridge Academy is a K-8 school for kids with chronic illnesses. We serve everything from severe asthma, eczema and allergies to cystic fibrosis, diabetes - anything where kids need medical treatment during the school day.”</i></p> |
|---|--|

Producers and Reporters: To download scripts, video and photos go to:  
<http://www.multimedianeewsroom.tv>

|   |  |
|---|--|
| <p><b>Jennifer McCullough</b><br/>Director of Education, Morgridge Academy</p> <p><b>CG: Kristian Jackson</b><br/>Suffers from asthma</p> | <p>McCullough says kids with asthma do well in the pool:<br/><i>“They can breathe better, particularly our kids with asthma. They can do physical things in the pool that they couldn’t do above ground.”</i></p> <p>McCullough says swimming has improved Christian’s health:<br/><i>“When he first came in here, he had been hospitalized, he was having constant ER visits, and since he’s been here, all of that’s been reduced.”</i></p> <hr/> <p>Kristian says he doesn’t have asthma attacks while swimming:<br/><i>“It’s rare for me to have an asthma attack in the pool. It’s like very rare. I’d have to be doing like crazy swimming in order for that to happen.”</i></p> |
|---|--|

### References

<sup>1</sup>National Center for Health Statistics: Asthma, Centers for Disease Control, October, 2016.  
Online: <https://www.cdc.gov/nchs/fastats/asthma.htm>

### **For viewer information on this story contact:**

National Jewish Health: (303) 398-1002  
Log onto <http://njhealth.org> - click on “Visit Our Newsroom”

Produced by:



1800 West 5th Ave.  
Columbus, Ohio 43212  
Phone: (614) 932-9950 Fax: (614) 932-9920  
[www.mediasourcetv.com](http://www.mediasourcetv.com)

**Video content provided by: National Jewish Health  
Media Relations Department: (303) 398-1002**

**Producers and Reporters: To download scripts, video and photos go to:**  
<http://www.multimedianeewsroom.tv>