



Middle-distance Olympic runner Laura Weightman talks to BeatAsthma about Sport and Asthma

Laura Weightman is a middle-distance runner who competes in the 1500 and 5000 meters.

Her achievements include reaching the 1500 metres final at the 2012 London Olympics and the 2016 Rio Olympics and winning silver at the 2014 Commonwealth Games. Her Mile run best of 4:20.49 in 2018, ranks her in the world all-time top 25.

Laura also suffers from asthma and is proud to be our BeatAsthma Ambassador



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I was diagnosed with asthma at the age of 12 following a number of asthma attacks and allergy (pollen typically) attacks.

Despite having asthma, I was desperate to run. It was difficult to manage at first but once I found the medication that worked for me, my breathing during sport and running at school improved.

***'My key message to anyone with asthma would be
don't let asthma define you.***

You can achieve your goals and dreams.'

It is really important to be patient as improvements don't happen quickly. I learned how important it was to take my medication properly and regularly to help with keeping my asthma under control. With time as I got older and stronger my asthma did settle allowing me to run more competitively.

Being a professional athlete with asthma isn't without its challenges but I have worked hard over the years to develop good breathing techniques, to monitor my symptoms, take my medication and ask for help if I am struggling.

My key message to anyone with asthma would be don't let asthma define you. You can achieve your goals and dreams. You can find a way to manage your asthma to get the best out of yourself. ”