

## EXERCISE CAPACITY IN OVERWEIGHTING AND OBESE ASTHMA PATIENTS

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**Summary.** *The article presents data on the negative impact of increased body mass in asthma patients on exercise capacity and subjective sensation of breathlessness according to the 6-minute step test. We find the relationship of tolerance to physical stress and BMI, postbronhodilatation spirometry indicators, the level of blood pressure and degree of breathlessness. For overweighting asthma patients shows the usefulness of pulmonology rehabilitation at an earlier stage of disease compared with patients with normal body weight with the need to target weight loss below 25 kg/m<sup>2</sup> and blood pressure below 140/90 mmHg.*

**Key words:** *asthma, physical stress, obesity.*