



CAUTION: PHYSICAL ACTIVITY READINESS

Regular physical activity is fun and healthy. Being more active is very safe for most people. However, some people should check with their doctor before increasing their level of physical activity.

Are you aware if you have:

- ☐ A heart condition or high blood pressure?
- ☐ Chest pain during physical activity or while at rest?
- ☐ Dizziness that causes you to lose balance?
- ☐ A bone or joint problem that worsens with activity?
- ☐ A new or existing chronic medical condition?
- ☐ A recent change in your medication or dosage?
- ☐ Are you currently pregnant?

If you answered **YES** to any of these questions, it is recommended to consult your doctor about the activities you wish to participate in and follow their advice.

If you are unsure how any questions relate to your health, please consult your doctor. It is important for your fitness or wellness instructor to be aware of any concerns so they can adjust your activities as needed.