

Is Physical Activity Safe for Me?

Make sure you are in good health. Answer the following questions* before you begin exercising.

1. Has a doctor ever said you have heart problems?
2. Do you frequently suffer from chest pains?
3. Do you often feel faint or have dizzy spells?
4. Has a doctor ever said you have high blood pressure?
5. Has a doctor ever told you that you have a bone or joint problem, such as arthritis, that has been or could be aggravated by exercise?
6. Are you over the age of 65 and not accustomed to exercise?
7. Are you taking prescription medications, such as those for high blood pressure?
8. Is there a good medical reason, not mentioned here, why you should not exercise?

*Source: British Columbia Department of Health and Wellness Center

If you answered “yes” to any of these questions, you should see your doctor before you begin an exercise program.