



## EXERCISE READINESS QUESTIONNAIRE

We recommend regular physical exercise for a healthy lifestyle. If you've decided to start an exercise programme, it is essential that you read through the information below and if necessary, check with your doctor before beginning.

	YES	NO
1. Do you have a known heart condition, irregular heart beat or extremely high blood pressure?		
2. Do you feel any pain in your chest when you do any physical activity?		
3. Do you feel dizzy or lose your balance when you do any physical activity?		
4. Are you currently taking any prescription medication for blood pressure or a heart condition?		
5. Do you have any bone or joint problem (e.g. back, knee or hip) that could worsen from doing any physical activity?		
6. Do you have severe asthma or lung disease?		
7. Do you have diabetes or blood sugar 'lows' or 'highs'?		
8. Are you pregnant or think you may be pregnant?		

**IF YOU ANSWERED YES TO ONE OR MORE QUESTIONS:**

Speak to your doctor before starting the exercise programme and book an appointment for a general health assessment. Print this form out and take it with you when you consult your doctor. Discuss what exercises will be safe for you to start, and follow your doctors' advice

**IF YOU ANSWERED NO HONESTLY TO ALL QUESTIONS:**

Start with the programme and gradually increase the intensity as recommended

### CAUTIONARY NOTES:

- If you are not feeling well because of a temporary illness such as a cold or fever, stop exercising and wait until you are better
- If you feel pain (not just stiffness) in any muscles or joints, stop immediately and consult your doctor or an exercise specialist

Use of this form:

You are encouraged to print this form out and take it to your doctor or exercise specialist if you have any queries about the questions.

The SPAR Group Ltd assume no liability for persons who undertake physical activity as recommended in the MY HOME GYM programme. The answers to questions above are valid for the time and date first entered, and continual health assessments and checks by your doctor are recommended.