

Use this reference document if you answered **YES** to any question in section 3, and have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

1 Have you experience **ANY** of the following (A to F) within the past six months?

A) A diagnosis or/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?

Physical activity is likely to be beneficial. If you have been treated for heart disease but have not completed a cardiac rehabilitation program within the past 6 months, consult a doctor - a supervised cardiac rehabilitation program is strongly recommended. If you are resuming physical activity after more than 6 months of inactivity, begin slowly with light to moderate-intensity physical activity. If you have pain/discomfort/pressure in your chest and it is new for you, talk to a doctor. Describe the symptom and what activities bring it on.

B) A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90mmHg or higher?

Physical activity is likely to be beneficial if you have been diagnosed and treated for high blood pressure (BP). If you are unsure of your resting BP, consult a health care provider or a Qualified Exercise Professional (QEP) to have it measured. If you are taking BP medication and your BP is under good control, regular physical activity is recommended as it may help to lower your BP. Your doctor should be aware of your physical activity level so your medication needs can be monitored. If your BP is 160/90 or higher, you should receive medical clearance and consult a QEP about safe and appropriate physical activity.

C) Dizziness or lightheadedness during physical activity

There are several possible reasons for feeling this way and many are not worrisome. Before becoming more active, consult a health care provider to identify reasons and minimise risk. Until then, refrain from increasing the intensity of your physical activity.

D) Shortness of breath at rest

If you have asthma and this is relieved with medication, light to moderate physical activity is safe. If your shortness of breath is not relieved with medication, consult a doctor.

E) Loss of consciousness/fainting for any reason

Before becoming more active, consult a doctor to identify reasons and minimise risk. Once you are medically cleared, consult a Qualified Exercise Professional (QEP) about types of physical activity suitable for your condition.

F) Concussion

A concussion is an injury to the brain that requires time to recover. Increasing physical activity while still experiencing symptoms may worsen your symptoms, lengthen your recovery, and increase your risk for another concussion. A healthcare provider will let you know when you can start becoming more physically active, and a Qualified Exercise Professional (QEP) can help get you started.

After reading the ADVICE for your YES response, go to Page 2 of the Getting Started Questionnaire - **ASSESS YOUR CURRENT PHYSICAL ACTIVITY**

Use this reference document if you answered **YES** to any question in section 3, and have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

2) Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

If this swelling or pain is new, consult a health care provider. Otherwise, keep joints healthy and reduce pain by moving your joints slowly and gently through the entire pain-free range of motion. If you have hip, knee or ankle pain, choose low-impact activities such as swimming or cycling. As the pain subsides, gradually resume your normal physical activities starting at a level lower than before the flare-up. Consult a Qualified Exercise Professional (QEP) in follow-up to help you become more active and prevent or minimize future pain.

3) Has a health care provider told you that you should *modify* certain types of physical activity?

Listen to the advice of your health care provider. A Qualified Exercise Professional (QEP) will ask you about any considerations and provide specific advice for physical activity that is safe and that takes your lifestyle and health care provider's advice into account.

4) Has a health care provider told you that you should *avoid* certain types of physical activity?

Listen to the advice of your health care provider. A Qualified Exercise Professional (QEP) will ask you about any considerations and provide specific advice for physical activity that is safe and that takes your lifestyle and health care provider's advice into account.

5) Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

Some people may worry if they have a medical or physical condition that physical activity might be unsafe. In fact, regular physical activity can help to manage and improve many conditions. Physical activity can also reduce the risk of complications. A Qualified Exercise Professional (QEP) can help with specific advice for physical activity that is safe and that takes your medical history and lifestyle into account.

WOULD YOU LIKE ADDITIONAL INFORMATION ON BECOMING MORE PHYSICALLY ACTIVE?

➤ **NHS: Better Health**
<https://www.nhs.uk/better-health/get-active/>
 Free tools and support through Better Health.

➤ **We Are Undefeatable**
<https://weareundefeatable.co.uk>
 Support and encourage ways to be active in a way that works for you and your health condition.