

Are You Ready to Get Active?

Check off any statement that is true for you. If you check off one or more items, make sure to see your healthcare provider BEFORE you get active.

- I'm over 50, and I haven't been active in a long time. I'm planning to be very active.
- I'm pregnant. My healthcare provider hasn't given me the OK to get active.
- I get very out of breath with the slightest activity.
- I have a health problem or other issue not listed here that might need attention if I get active.
- I have a heart problem. My healthcare provider wants to keep an eye on my activity.
- I have bone or joint problems that make it hard for me to do things like walking quickly.
- I have chest pain that started within the last month.
- I tend to pass out or fall down when I get dizzy.
- During or right after a workout, I often have pain or pressure in my neck, left shoulder, or arm.
- My healthcare provider wants me to take medicine for high blood pressure or a heart problem.

