

Getting Started: An Exercise Quick Check

Before you start an exercise program, keep these tips in mind:

1. Start slowly;
2. Gradually increase your level of activity;
3. Do not treat it as a competition;
4. If you are concerned about your health and your ability to engage in physical activity, consult your family physician;
5. Regular physical activity is still safe and beneficial even if you have problems doing normal daily activities such as climbing stairs or walking; and
6. Unless you have a medical reason to avoid physical activity during or after your pregnancy, you can begin or continue moderate-intensity aerobic activity.

Quick check list before starting exercise

Health Problem	Yes	No
I had a heart attack and have NOT been exercising	<input type="checkbox"/>	<input type="checkbox"/>
I have heart problems and have NOT been exercising	<input type="checkbox"/>	<input type="checkbox"/>
I have untreated high blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
I am a diabetic and have NOT been exercising	<input type="checkbox"/>	<input type="checkbox"/>
I have breathing or other lung problems and have NOT been exercising	<input type="checkbox"/>	<input type="checkbox"/>
I have back or joint problems and have NOT been exercising	<input type="checkbox"/>	<input type="checkbox"/>
I have a serious health problem and have NOT been exercising	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to any of these questions, you should see your physician before starting a new exercise program. This list is not complete, if you have doubts about your health, it is best to check with a healthcare provider. Regardless, starting slowly is safe for the vast majority of individuals.

