****SAFETY TIPS

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WHAT TO EXPECT - Normal responses to exercise

- Increased heart rate and blood pressure

* Deeper and faster breathing (You should not be struggling or feeling uncomfortable)

- Light sweating

- Increased body temperature

- Mild muscular fatigue

- Mild delayed onset muscle soreness

WHEN TO SLOW DOWN - Reduce your exercise intensity, if you:

-Exceed your exercise target heart rate range

-Exceed the effort level prescribed

-Unable to talk and/or carry on a conversation during exercise

-Experience pain, discomfort or symptoms

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THINGS TO CONSIDER:

- Always warm up and cool down.

- Drink water to keep hydrated before, during and after you exercise.

- Ensure adequate nutrition. Healthy food fuels your body.

- Be aware of heat, humidity, cold, smog alerts for safety when exercising outdoors.

- Wear comfortable clothing.

- Wear supportive footwear (running shoes are best).

- Pay attention to your body. Do not ignore symptoms.

- Avoid caffeine and nicotine before exercise.

- After exercise, wait 10 minutes before having a shower. It should feel lukewarm, not hot!

- If you have been prescribed Nitroglycerin spray, carry it with you.

- Take your medications as prescribed. Consult your physician, if you have questions.

- Gradual return to exercise after prolonged absence.

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PRECAUTIONS - Stop and do not exercise if:

- Fasting

- Sick (cold/flu symptoms)

- Feeling unwell

- Angina (chest pain/pressure/tightness at rest)

- Shortness of breath with normal activities

- More tired than usual

- Dizzy/lightheaded or having fainting spells

- Feeling heart palpitations or new irregular heart rate

- Feeling off balance or unsteady

- Sudden weight gain

- Sudden swelling in feet, legs, abdomen

MEDICAL CLEARANCE: Please discontinue exercise and consult your physician before resuming your program, if you have had:

- New symptoms of: chest discomfort, shortness of breath or fainting

- Medication change

- Medical procedures

- Recent surgery

- Recent hospitalization