



Before You begin

Safety Information

- If you have any doubts about your health or physical ability to exercise, you should consult a doctor before commencing any physical training programme. This is especially important if you are (or think you might be) pregnant, if your health status has recently changed, if you are recovering from a recent illness or injury, or if you are new to exercise.
- Make sure you wear suitable clothing during your training sessions, particularly appropriate footwear.
- Remain hydrated throughout periods of exercise.
- Fitness improvements take time and it is important that you listen to your body. Training too hard too quickly can easily lead to injury, so progress gradually and ensure sufficient rest and recovery time is taken.
- If you are unsure about any aspect of the guidance or you would like additional support with your training, it is recommended that you seek the advice of a suitably qualified fitness professional.

If you answer **yes** to any of the questions below or if you have any concerns regarding a medical issue, further guidance should be sought from a medical professional prior to participation to ensure your safety.

1. Has your doctor ever said that you have a heart condition OR high blood pressure?
2. Do you feel pain in your chest at rest, during daily activities of living OR when you engage in physical activity?
3. Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months?
4. Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?
5. Are you currently taking prescribed medications for a chronic medical condition?
6. Do you currently have (or have had within the past 12 months) a bone, joint or soft tissue (muscle, ligament or tendon) problem that could be made worse by becoming more physically active? Answer NO if you had a problem in the past, <i>but it does not limit</i> your current ability to be physically active.
7. Are you currently taking any medication which causes drowsiness or any other side effects which may affect your ability to carry out physical activities?
8. Are you currently under investigation/monitored for any medical condition?