

## Do you need to seek medical advice before exercise?

The following quick check diagrams will guide you on whether you need medical advice from your Doctor before exercise, choose from the diagram below or overleaf based on whether you currently exercise.

### YOU DO CURRENTLY EXERCISE

- You have done 30 minutes of moderate intensity physical activity at least three times a week for the past three months. Moderate intensity exercise causes a noticeable increase in both heart rate and breathing.

**What is your state of health?**

You do not have diabetes, cardiovascular or renal disease

You have diabetes, cardiovascular or renal disease

You have symptoms of diabetes, cardiovascular or renal disease as listed below overleaf



**Do you need to seek medical advice?**

Medical advice is not necessary

Continue with moderate intensity exercise, but seeking medical advice is recommended for vigorous intensity exercise

Stop exercising and seek medical advice



**Can you continue to exercise?**

Continue with moderate or vigorous intensity exercise, progress following appropriate guidelines

Continue with moderate intensity exercise. Following medical clearance, progress gradually using appropriate guidelines as long as you remain symptom free

Following medical advice you may return to exercise. Progress gradually using appropriate guidelines as long as you remain symptom free

## YOU DO NOT CURRENTLY EXERCISE

### What is your state of health?

You do not have diabetes, cardiovascular or renal disease

You have diabetes, cardiovascular or renal disease

You have symptoms of diabetes, cardiovascular or renal disease as listed below



### Do you need to seek medical advice?

Medical advice is not necessary

Medical advice is recommended

Medical advice is recommended



### Can you continue to exercise?

Light to moderate intensity exercise is recommended. You may gradually progress to vigorous intensity exercise following appropriate guidelines

Following medical clearance, light to moderate intensity exercise recommended. You may gradually progress as tolerated following appropriate guidelines

Following medical clearance, light to moderate intensity exercise recommended. You may gradually progress as tolerated following appropriate guidelines

### Signs or \*symptoms suggestive of diabetes, cardiovascular or renal disease include:

Pain or discomfort in the neck, chest, jaw, arms or other areas that may result from a lack of blood supply; shortness of breath at rest or with mild exertion; dizziness or fainting; shortness of breath when lying down or shortness of breath at night that wakes you up; ankle swelling; heart palpitations / unusual heartbeats that become noticeable; a heart rate of over 100 beats per minute at rest; a painful ache in your legs during walking that disappears with a few minutes rest; a known heart murmur; an unusual fatigue or shortness of breath with usual activities.

**Light intensity exercise** – causes a slight increase in heart rate and breathing. This is very light to fairly light exercise. (30-39% of your heart rate reserve)

**Moderate intensity exercise** – causes noticeable increases in heart rate and breathing. This is fairly light to somewhat hard exercise. (40-59% of your heart rate reserve)

**Vigorous intensity exercise** – causes substantial increases in heart rate and breathing. This is somewhat hard to very hard exercise. (60-89% of your heart rate reserve)