

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

- If you are between the ages of 15 and 69 this health questionnaire will tell you if you should check with your doctor before you start.
- If you are over 69 years of age, and are not used to being very active, you should check with your doctor before you start.

The information you provide will also help us understand any specific requirements that you may have. Please read the entire form carefully and answer each of the questions honestly. If you have any questions you can call us on 01962 670001. If it is appropriate you could include a note from your doctor or medical practitioner.

YOUR DETAILS

Name

Date

HISTORY, SYMPTOMS and HEALTH ISSUES

	YES	NO	
1.	<input type="checkbox"/>	<input type="checkbox"/>	Has a doctor ever said that you have a heart condition?
2.	<input type="checkbox"/>	<input type="checkbox"/>	Do you take any heart medications?
3.	<input type="checkbox"/>	<input type="checkbox"/>	Do you experience chest discomfort on exertion?
4.	<input type="checkbox"/>	<input type="checkbox"/>	Do you experience unreasonable breathlessness?
5.	<input type="checkbox"/>	<input type="checkbox"/>	Do you experience dizziness, fainting or blackouts?
6.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have diabetes?
7.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma or any other lung disease?
8.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have burning or cramping sensations in your lower legs when walking short distances?
9.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have musculoskeletal problems that limit your physical activity?
10.	<input type="checkbox"/>	<input type="checkbox"/>	Do you take any prescription drugs?
11.	<input type="checkbox"/>	<input type="checkbox"/>	Are you pregnant?
12.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have any concerns about the safety of exercise?

If you have answered **YES** to any of the questions above please provide some details in the space towards the end of the form.

DELAY BECOMING MORE ACTIVE:

- If you are not feeling well because of a temporary illness such as a cold or fever – wait until you feel better.
- If you are or may be pregnant – talk to you doctor before you start

If you answered **YES** to one or more questions in this section

Talk with your doctor by phone or in person **BEFORE** you start to become much more physically active. Tell your doctor about this questionnaire and which questions you answered YES to.

You may be able to do any activity you want – as long as you start slowly and build up gradually.

You may need to restrict your activities to those which are safe for you. Talk to your doctor about the type of activities that you wish to participate in and follow his/her advice.

If you answered **NO** to all the questions in this section

You can be reasonably sure that you can start becoming much more physically active – begin slowly and build up gradually – this is the easiest way to go.

Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

