

History

You have had:

- a heart attack
 heart surgery
 cardiac catheterization
 coronary angioplasty (PTCA)
 pacemaker/implantable cardiac defibrillator/rhythm disturbance
 heart valve disease
 heart failure
 heart transplantation
 congenital heart disease

*If you marked any of these statements in this section, consult your physician or other appropriate health care provider before engaging in exercise. You may need to use a facility with a **medically qualified staff**.*

Symptoms

- You experience chest discomfort with exertion
 You experience unreasonable breathlessness
 You experience dizziness, fainting, or blackouts
 You experience ankle swelling
 You experience unpleasant awareness of a forceful or rapid heart rate
 You take heart medications

Other Health Issues

- You have diabetes
 You have asthma or other lung disease
 You have burning or cramping sensation in your lower legs when walking short distance
 You have musculoskeletal problems that limit your physical activity
 You have concerns about the safety of exercise
 You take prescription medications
 You are pregnant

Cardiovascular risk factors

- You are a man ≥ 45 yr
 You are a woman ≥ 55 yr
 You smoke or quit smoking within the previous 6 mo
 Your blood pressure is $\geq 140/90$ mm Hg
 You do not know your blood pressure
 You take blood pressure medication
 Your blood cholesterol level is ≥ 200 mg·dL⁻¹
 You do not know your cholesterol level
 You have a close blood relative who had a heart attack or heart surgery before age 55 (father or brother) or age 65 (mother or sister)
 You are physically inactive (*i.e.*, you get <30 min of physical activity on at least 3 day/week)
 You have a body mass index ≥ 30 kg·m⁻²
 You have prediabetes
 You do not know if you have prediabetes

*If you marked two or more of the statements in this section you should consult your physician or other appropriate health care provider as part of good medical care and progress gradually with your exercise program. You might benefit from using a facility with a **professionally qualified exercise staff** to guide your exercise program.*

None of the above

You should be able to exercise safely without consulting your physician or other appropriate health care provider in a self-guide program or almost any facility that meets your exercise program needs.