

WEST OF SCOTLAND SNOWSPORT CENTRE

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a Doctor? **Yes / No**
2. Do you feel pain in your chest when you do physical activity? **Yes / No**
3. In the past month, have you had chest pain when you were not doing physical activity?. **Yes / No**
4. Do you lose you balance because of dizziness or do you ever lose consciousness?. **Yes / No**
5. Do you have bone or joint problem that could be made worse by a change in your physical activity?. **Yes / No**
6. Is you Doctor currently prescribing drugs (for example Water Pills) for your High Blood Pressure or Heart condition? **Yes / No**
7. Do you know of any other reason why you should not do physical activity?. **Yes / No**

If you answer **YES** to one or more questions: Talk to your Doctor **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal.

You may be able to do any activity you like as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Talk to your Doctor about those activities you wish to participate in and follow his advice.

If you answered **NO** to all questions, you can be reasonably sure that you can start becoming much more physically active - begin slowly and build up gradually. This is the safest and 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.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Signature..... **Date**.....

Witness Name..... **Signature**.....