

# EXERCISE PREPARTICIPATION HEALTH SCREENING RECOMMENDATIONS



**THE BIG CHANGE:**

**Most people can exercise without visiting a doctor first.**

Points to consider before starting to exercise or increasing exercise intensity:

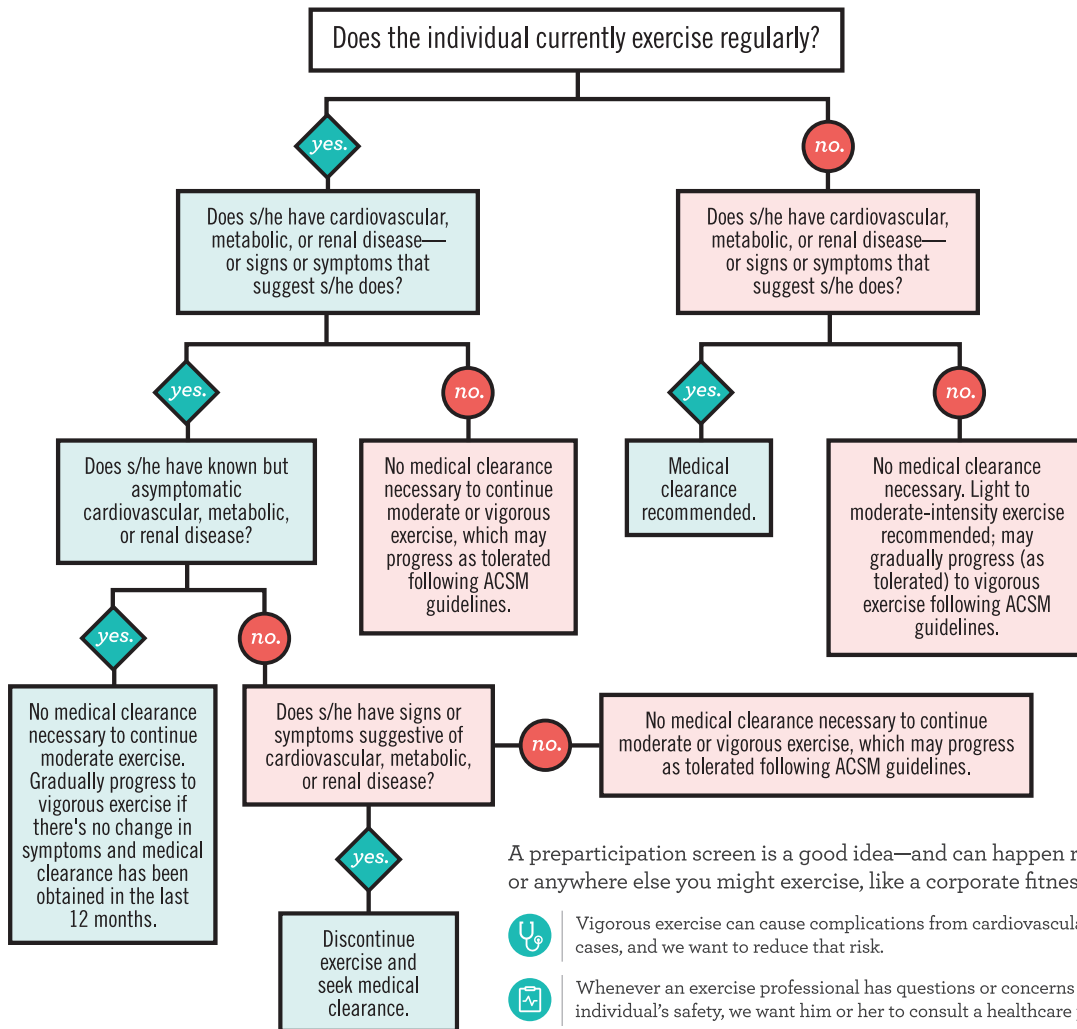
- 1 Current activity level
- 2 Signs/symptoms of certain diseases
- 3 Planned exercise intensity

**MEDICAL CLEARANCE** | A doctor advises a patient that he or she may exercise based on medical history and current health.

**MEDICAL EXAM/TEST** | A doctor examines a patient for particular issues that may interfere with exercise.

## PREPARTICIPATION HEALTH SCREENING

Updated for 2015 and beyond



A preparticipation screen is a good idea—and can happen right in the gym or anywhere else you might exercise, like a corporate fitness program.

Vigorous exercise can cause complications from cardiovascular disease in rare cases, and we want to reduce that risk.

Whenever an exercise professional has questions or concerns about an individual's safety, we want him or her to consult a healthcare provider.

### The Liability Issue: **HAS THAT CHANGED, TOO?** *In short, no.*

If you're a fitness professional:

<input checked="" type="checkbox"/>	Use reasonable care when training a client.	<input checked="" type="checkbox"/>	The new exercise preparticipation health screening recommendations are not a replacement for sound clinical judgment. Refer clients to a healthcare provider for medical clearance before they start an exercise program on a case-by-case basis.
<input checked="" type="checkbox"/>	As always, any individual assumes some risk with regard to fitness training under the guidance of a fitness professional, and waivers and releases can limit future liability.		