EXERCISE PREPARTICIPATION HEALTH SCREENING RECOMMENDATIONS

**We want people to exercise.**
And have made starting less intimidating—based on our research into outcomes.

**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.

**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

**Preparticipation Health Screening**
Updated for 2015 and beyond

- **Does the individual currently exercise regularly?**
  - Yes
    - No medical clearance necessary to continue moderate exercise. Gradually progress to vigorous exercise if there's no change in symptoms and medical clearance has been obtained in the last 12 months.
  - No
    - No medical clearance necessary to continue moderate or vigorous exercise, which may progress as tolerated following ACSM guidelines.

- **Does s/he have cardiovascular, metabolic, or renal disease—or signs or symptoms that suggest s/he does?**
  - Yes
    - No medical clearance necessary to continue moderate or vigorous exercise, which may progress as tolerated following ACSM guidelines.
  - No
    - Medical clearance recommended.

- **Does s/he have known but asymptomatic cardiovascular, metabolic, or renal disease?**
  - Yes
    - No medical clearance necessary to continue moderate or vigorous exercise, which may progress as tolerated following ACSM guidelines.
  - No
    - Discontinue exercise and seek medical clearance.

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.

**If you're a fitness professional:**
- Use reasonable care when training a client.
- 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.

**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.**

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

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