

Virtual Challenges Health and Safety Tips



Please self-assess your readiness for physical activity using the questions below from exerciseregister.org questionnaire.



They will help you to decide if you are ready to take on this challenge safely, if you are in any doubt at all please consult with your doctor.



Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?



Do you feel pain in your chest when you do physical activity? Or, in the past month, have you had a chest pain when you were not doing physical activity?



Do you lose balance because of dizziness or do you ever lose consciousness?



Do you have a bone or joint problem (for example back, knee or hip) that could be made worse by a change in your physical activity?



Is your doctor currently prescribing medication for your blood pressure or heart condition?



Are you currently exhibiting any symptoms of the coronavirus (COVID-19), including coughing, shortness of breath or a fever?



Do you know of any other reason why you should not take part in physical activity?

If you answered YES to one or more questions:

You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health.

If you answered NO to ALL of the questions:

It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level.

