



## Health Concerns Checklist



Do you:

- Have heart troubles?
- Have chest pains or pain on your left side (neck, shoulder, or arm) or breathlessness when you are physically active?
- Often feel faint to have dizzy spells?
- Have high blood pressure?
- Have bone or joint problems that could worse if you are physically active?
- Are you age 50 or older and have not been physically active?

If you answered **NO** to all the statements, you will be able to participate in this program with little to no health problem.

If you answered **YES** to any of the statements, you should check with your health care provider before participating.