



WE RECOMMEND YOU CONSULT A DOCTOR IF ANY OF THE FOLLOWING AFFECT YOU

SUSPECTED CORONARY DISEASE

- If you have chest pain, pressure or a squeezing feeling in the chest during or immediately after exercise, or, have been advised by a doctor to avoid exercise
- If you experience severe pain in your calf (lower leg) which subsides with rest
- Bouts of rapid heartbeat, irregular heartbeat, or palpitations for no apparent reason
- Past suspected heart trouble, heart attack, congestive heart failure, heart block, irregular rhythm
- Feeling faint or having spells of severe dizziness
- Experiencing shortness of breath or difficulty in breathing with mild exertion

ORTHOPEDIC PROBLEMS

- Back problems
- Arthritis
- Tendonitis
- Bursitis
- Bone, ligament, tendon, joint or muscle problems

LUNG OR BREATHING PROBLEMS

- Asthma
- Chronic bronchitis
- Emphysema
- Current or former smoker

OTHER RISK FACTORS

- Diabetes mellitus
- Hyperglycemia i.e. high blood sugar
- High blood pressure or currently taking any medication to lower your blood pressure
- Pregnancy, or less than 6 weeks from delivering a child
- Recent injuries or surgeries