



IT'S BETTER TO ASK QUESTIONS TO ASK BEFORE STARTING AN EXERCISE PROGRAM

Exercise is an important part of maintaining a healthy lifestyle. If you are new to exercising, it is important to talk to your doctor concerning any possible health concerns you have before beginning any exercise program. Your physician will be able to evaluate if any modification need to be made to your exercise and fitness routine because of you current state of health.

- What are the best types of exercises for me?
- Are there any restrictions I have to be aware of? How should I tailor my exercise program to my particular fitness needs?
- At what duration, frequency and intensity should I begin my exercise program? What should I be able to work up to?
- How much time each day or week should I make sure to exercise?
- Do I need to undergo an exercise test with electrocardiography (exercise stress test) prior to beginning an exercise program?
- What is my resting heart rate? What should my heart rate be while I'm exercising?
- What should my heart rate be to obtain enough cardiovascular benefits?
- What kind of strength or resistance training is right for me? If weight training is recommended, what weight should I start with?
- How often should I perform weight or resistance training?
- What about exercise that increase my flexibility and balance?
- Is there a particular exercise program, routine or set of exercise you recommend?
- What about my diet? Should I change anything about my diet and food choices? What about how frequently I eat or how much?
- What foods should I be adding or subtracting from my diet after I begin to exercise?
- How might my medications, vitamins or herb supplements affect my exercise program, especially exercise intensity and heart rate response?
- What if I experience chest pain, faintness, dizziness or joint pain, etc. while exercising? How do I tell the difference between temporary discomfort and or pain or problems I should worry about?

SMARTER IS BETTER

Exercise is a key ingredient in a healthy lifestyle. Discussing your exercise routine will help your doctor better assist you in maintaining good health.

* This information is not intended to replace the advice of a physician.. Check your health plan for specific coverages.