



You want to be active but is it safe?

You can start to exercise at any age. But if you have never exercised, or had to stop for some reason, you may be asking, "What is the safest way to get started?"

Health problems do not have to stop you from being active. You can adapt your exercise routine for any health issue you have and for your abilities. In fact, regular exercise can help to manage many conditions. It can help maintain or improve your physical function.

If you are generally healthy, you can begin light-to-moderate activities on your own.¹ If any of the following apply to you, talk to your health care provider before starting:

- ✿ You have not exercised in a long time AND plan to start doing strenuous physical activities.
- ✿ Have any significant health concerns.
- ✿ You are still recovering from a recent surgery.

Still not sure or have questions?

Complete the easy-to-use Get Active Questionnaire (<https://store.csep.ca/pages/getactivequestionnaire>) from the Canadian Society for Exercise Physiology. The questionnaire is a screening tool to help people of all ages move along the path to becoming more physically active. It helps you decide if you should seek further advice from a health care provider or exercise professional before becoming more physically active.

CSEP | SCPE Get Active Questionnaire
CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
PHYSICAL ACTIVITY TRAINING FOR HEALTH (CSEP/PAITH)

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional (QEP) – has post-secondary education in exercise sciences and an advanced certification in the area – may be needed for health care provider advice. This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.

I am completing this questionnaire for myself.
 I am completing this questionnaire for my child/dependent as parent/guardian.

PREPARE TO BECOME MORE ACTIVE

The following questions will help to ensure that you have a safe physical activity experience. Please answer YES or NO to each question below. You become more physically active. If you are unsure about any question, answer YES.

1 Have you experienced ANY of the following (A to F) within the past six months?

A A diagnosis of treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?
B A diagnosis of treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?
C Dizziness or lightheadedness during physical activity?
D Shortness of breath at rest?
E Loss of consciousness/fainting for any reason?
F Concussion?

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

3 Has a health care provider told you that you should avoid or modify certain types of physical activity?

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

..... NO to all questions, go to Page 2 – ASSESS YOUR CURRENT PHYSICAL ACTIVITY
YES to any questions, go to Reference Document – ADVISE ON WHAT TO DO IF YOU HAVE A YES RESPONSE

References

1. Riebe et al., *Updating ACSM's Recommendations for Exercise Preparticipation Health Screening*. Med. Sci. Sports Exerc., Vol. 47, No. 8, pp. 2473–2479, 2015.

