

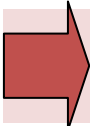




## PRE EXERCISE SCREENING FORM

This screening tool does not substitute for advice from an appropriately qualified medical professional and in no way guarantees against injury or death. No warranty of safety should result from its use. No responsibility or liability whatsoever can be accepted by Y Striders Incorporated for any loss, damage, illness, injury or death that may arise from any person acting on any statement or information contained in this tool. The aim is to identify whether you have a known disease, or signs or symptoms of disease and may be at higher risk of an adverse event during physical activity or exercise and if so, that you seek medical advice before you proceed with our exercise regime.

### This form is entirely self-administered and self-evaluated

PLEASE CIRCLE RESPONSE

1.	Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke?	Yes	No
2.	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?	Yes	No
3.	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?	Yes	No
4.	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	Yes	No
5.	If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months?	Yes	No
6.	Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?	Yes	No
7.	Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise?	Yes	No
 <b>IF YOU ANSWERED 'YES'</b> to <u>any</u> of the 7 questions, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity or exercise			
 <b>IF YOU ANSWERED 'NO'</b> to all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity or exercise		