Fresh Conversations Physical Activity Statement

The *Fresh Conversations* program introduces a minimal amount of physical activity. It is not an exercise class, so therefore it lacks the risks of an exercise class. Facilitators will encourage participants, who have difficulty, to modify the activities to meet their needs. While the risk associated with physical activity varies with a person's health status the activities included in *Fresh Conversations* are meant to encourage more movement.

Am I healthy enough to exercise?

One question that will help people determine if they can participate is to ask if their health professional has told them they should be more active. If they say yes, they can probably participate successfully in the activities taught in *Fresh Conversation.*

If facilitators are concerned about the health condition of participants and question if they should participant, the following set of questions could be helpful. The activities found in *Fresh Conversations* will not be at a level expected to cause concern. People answering yes to any of the statements, should talk to the appropriate health care provider before engaging in physical activity.

__ I have a heart condition and my health care professional recommends only medically supervised physical activity.
__ During or right after I exercise, I often have pains or pressure in my neck, left shoulder, or arm.
__ I have developed chest pain within the last month.
__ I tend to lose consciousness or fall over due to dizziness.
__ I feel extremely breathless after mild exertion.
__ My high blood pressure and/or heart disease are not controlled by medication.
__ I have a medical condition or other physical reason not mentioned here that might need special attention in an exercise program.

The questions are adapted from the American Heart Association's (AHA) Start Program, http://www.heart.org/start.

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