



Source: Canadian Society for Exercise Physiology

## Do the Get Active Questionnaire before exercise

1. Do you feel pain/discomfort/pressure in your chest during activities?
2. Are you on medication for high blood pressure or heart disease?
3. Do you feel dizziness or light-headedness during physical activity?
4. Do you feel unwell now?

If you answered YES to one or more questions, please consult your doctor before becoming more physically active.

Think Safe. Play Safe. Stay Safe.

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