

Risk Factors for Maximal Exercise

Performing maximal exercise is a stress to your body and more importantly your heart. If you currently have 2 or more of the below risk factors for heart disease it is recommended that you have a medical exam before performing maximal exercise. Your exercise program should start slowly. When lifting weights you should stop 2-5 reps before failure to prevent excessive elevations in blood pressure. You should also perform cardiovascular exercise at a heart rate that allows you to speak in broken sentences rather than gasping for breath.

Risk Factor Questions

- 1) Are you male and over the age of 45 or female and over the age of 55
- 2) Do you have elevated Blood Pressure (SBP>140 or DBP>90)
- 3) Do you have elevated Cholesterol
- 4) Do you have high Blood Glucose
- 5) Do you have a family history of heart disease (family members dying before the age of 60)
- 6) Do you have a BMI above 30 or a waist girth above 98cm for men and 84cm for women
- 7) Do you currently smoke cigarettes or have you given up in the past 6 months
- 8) Do you have a current sedentary lifestyle (This means do you perform less than 150 minutes mild exercises a week such as walking, or if you exercise at a higher intensity do you perform less than 75 minutes of vigorous exercise a week)

If you answered yes to **2 or More** of the above questions you are a moderate risk individual and should have a medical prior to beginning a moderate intensity exercise and weight loss program.