Do the **Get Active Questionnaire** before exercise

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

Sport SINGAPORE

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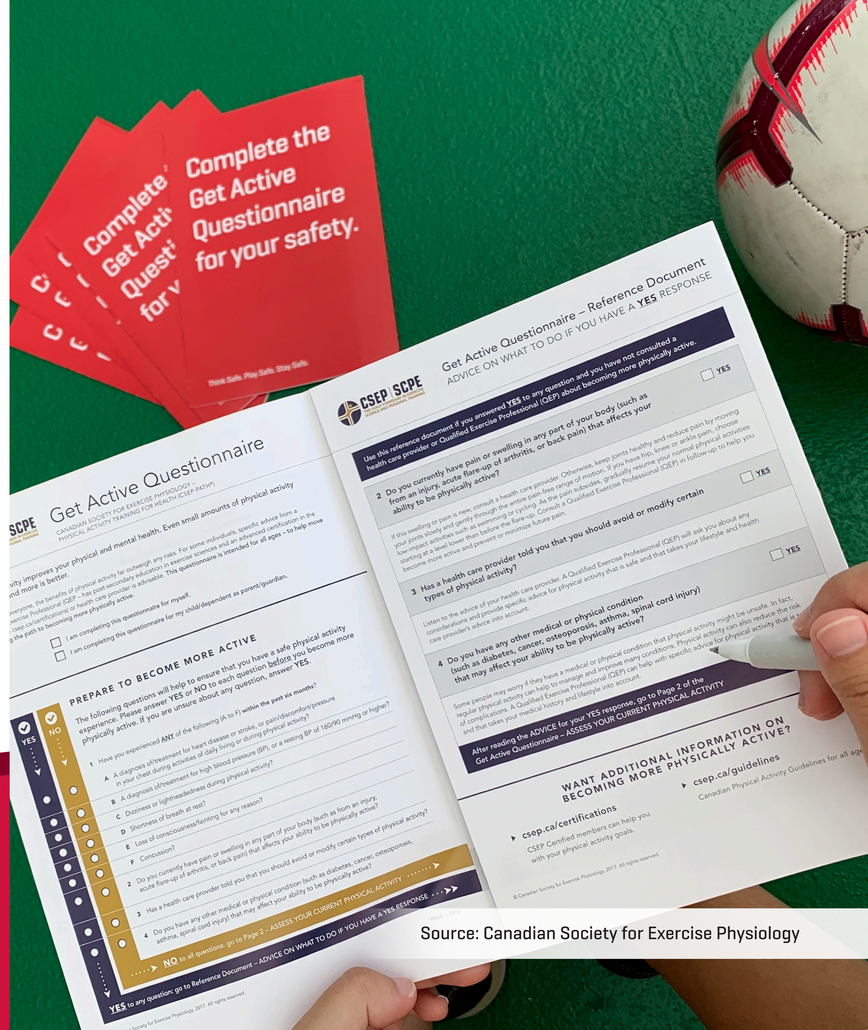
Giving Hope
Improving Lives



Source: Canadian Society for Exercise Physiology