

Getting Started With Physical Activity

It's very important to know whether to talk with a doctor before starting a physical activity program.

In the list below, check which people should see a doctor before they begin a physical activity program.

- ☐ Manuel is 65 years old and had a heart attack 10 years ago, but he is fully recovered.
- ☐ Valentina is 32 years old and had a healthy baby 8 months ago.
- ☐ Francisco is 38 years old and has diabetes, but he controls his condition very well with medication.
- ☐ Roselle is 35 years old and wants to start being more physically active to lower her high blood pressure and help herself to quit smoking.
- ☐ Bella is 27 years old and in good health, and she wants to start running.
- ☐ Roberto is 57 years old and broke his leg 2 years ago, but it healed very well. He walks every day but wants to start jogging.

