

Getting Started With Physical Activity: Lola Idad's Answers

- Manuel **should** see a doctor before starting a physical activity program, because he has had a heart attack. Even though he is fully recovered, he should still check with his doctor.
- Valentina **does not need** to see a doctor before starting a physical activity program. Having a baby is not a risk factor, and she is young.
- Francisco **should** see a doctor before starting a physical activity program, because he has diabetes. Even though he is young and he controls his condition very well with medication, he should still check with his doctor.
- Roselle **should** see a doctor before starting a physical activity program, because she has two risk factors: high blood pressure and smoking.
- Bella **does not need** to see a doctor before starting a physical activity program. Even though she wants to start a harder activity, such as running, she is young (less than 50 years old) and in good health.
- Roberto **should** see a doctor before starting a physical activity program. His broken leg is not a factor, but he should check with the doctor first because he wants to start a harder physical activity program, and he is more than 45 years old.

