

Getting Started With Physical Activity: Doña Fela's Answers

- Carlos **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.
- Maria **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.
- Arturo **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.
- Carmen **should** see a doctor before starting a physical activity program, because she has two risk factors: high blood pressure and smoking.
- Gloria **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 and in good health.
- Hector **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.

