



Getting Started With Physical Activity: Should I Talk to My Health Care Provider?

It's very important to know when to talk with a health care provider before starting a physical activity program.

In the list below, check which people should see a health care provider.

- Charles is 65 years old and had a heart attack 10 years ago, but he's fully recovered.
- Lauren is 32 and had a healthy baby 3 months ago.
- Darius is 38 and has diabetes, but he controls his condition very well with medication.
- Vicky is 35 and wants to be more physically active to help lower her blood pressure and quit smoking.
- Alicia is 27, in good health, and she wants to start running.
- Terrance is 57 and broke his leg 2 years ago, but it healed very well. He wants to start walking every day.

