



Getting Started With Physical Activity: The Answers

- Charles **doesn't need to** see a health care provider. After a heart attack, most people who don't have chest pain or other problems can safely return to most of their normal activities within a few weeks.
- Lauren **should ask her provider** what activities are safe so soon after having a baby.
- Darius **should check with his health care provider**. Anyone with an ongoing condition such as heart disease, lung disease, or diabetes needs to talk to a doctor first.
- Vicky **should see a health care provider** because she has high blood pressure and can get help to quit smoking.
- Alicia **doesn't need to**. She's young and in good health.
- Terrance **doesn't need to**. His broken leg isn't a problem.

Healthy people who don't have heart problems don't usually need to check with a health care provider before beginning moderate-intensity activities.

