

Appendix 1, Fitness Quiz

| <i>Question</i> | <i>Yes</i> |
|--|------------|
| Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? | |
| Do you feel pain in your chest when you do physical activity? | |
| In the past month, have you had chest pain when you were not doing physical activity? | |
| Do you lose your balance because of dizziness or do you ever lose consciousness? | |
| Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? | |
| Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? | |
| Do you know of any other reason why you should not do physical activity? | |
| Is your BMI 30 or more (see below)? | |
| If male, are you a child, or over 45? | |
| If female, are you a child, or over 55? | |
| Total: | |

If you answered “yes” to one or more questions, then E-3-C isn't for you. You can, however, explain the situation to your doctor and show him or her this program to get a second opinion. Don't despair, there are LOTS and LOTS of other programs out there.

Also, if your situation changes, re-evaluate your participation.

| BMI (Body Mass Index) | | Example |
|-----------------------------------|--|---------|
| Weight (in kilograms): | | 68 |
| Height (in meters): | | 1.65 |
| Weight divided by height squared: | | 25 |

A BMI of 30 or more indicates obesity.
(Note that a high percentage of muscle can artificially inflate your BMI too. because muscle is very dense.)

The National Institute of Health has an on-line calculator: www.nhlbisupport.com/bmi