

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