

Jamison: Patient Education and Wellness

HANDOUT 12.4: IDENTIFYING AND REDUCING EXERCISE RISKS

See Exercise Risk Calculator <http://www.healthcalculators.org/calculators/exercise.asp>

- ☐ Musculoskeletal injury
--→ reduce risk by: an adequate warming-up period
performing low-impact exercise
performing exercises correctly
an adequate cooling-down period
using correct footwear
- ☐ Heat stroke
--→ reduce risk by: avoiding vigorous exercise in extreme
heat/humidity maintaining adequate hydration
acclimatizing prior to participating in events in
the tropics
- ☐ Cardiovascular risk
--→ reduce risk by: tailoring exercise programmes to the individual
stress testing before embarking on an exercise
programme limit any static (isometric) exercises to ones of
low intensity
- ☐ Free radical production
--→ reduce risk by: eating a diet rich in fresh fruit and vegetable
taking supplements of vitamins C after exercising
possibly taking regular supplements of vitamins E

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Exercise stress test information resource <http://www.webmd.com/heart-disease/exercise-electrocardiogram>

When to check with your doctor: <http://www.mayoclinic.com/health/exercise/SM00059>