

## The Civilian Fitness Program

### Medical Considerations

#### *HEALTH HISTORY FORM*

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Before engaging in a moderate physical conditioning program, certain medical or health issues need to be addressed. Occasionally, diseases are present which the individual is not aware of. This is often true in the beginning stages of cardiovascular (heart and blood vessel) disease – especially as an individual gets older. These undetected or “sub clinical” diseases may cause problems when a vigorous exercise program is begun.

Ask yourself these 11 key questions to see if you should get a medical screening. This is not designed to detect unfit individuals, but to identify and treat potential medical problems related to starting a regular exercise program.

**YES NO**

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1. Has your doctor said that you have a heart condition and recommended only medically supervised activity?
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2. Do you have chest pain brought on by physical activity?
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3. Do you lose your balance or lose consciousness as a result of dizziness?

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4. Has your doctor ever said you have heart trouble or high blood pressure?

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5. Do you become extremely short of breath with mild exercise/exertion?

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6. Do you feel frequent skipped heartbeats?

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7. Do you ever experience blurred vision while exercising?

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8. Do you have any muscle, bone, or joint problem that could be aggravated by physical activity?

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9. Are you >20 lbs. over recommended body weight AND not accustomed to exercise?

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10. Are you pregnant or have you been within the last 3 months?

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11. Are you aware through your own experience, or a doctor's advice, of any other physical reason against your exercising without medical supervision?

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**NOTE:** If you have a temporary illness, such as a common cold, or are not feeling well at this time – **POSTPONE!!!**

**YES** to one or more questions

**NO** to all questions

If you answered any of the above questions with a "YES", you must get a health screening from your

If you answered accurately, you have reasonable assurance or your present suitability for a graduated exercise program

If you answered

Basic medical treatment facility before beginning the Civilian Fitness Program.

-a gradual increase in proper exercise promotes good fitness development while minimizing discomfort.

Postpone

Until after medical evaluation and you receive approval from your physician for

- unrestricted physical activity, starting off easily and progressing gradually

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Person to Contact in Case of Emergency: (Name) \_\_\_\_\_