

General Exercise Safety

Exercise safety advice

If you haven't exercised for a while or have a chronic health condition, talk to your health professional (e.g. GP, exercise physiologist or physiotherapist) before starting an exercise program.



Exercising safely is important. You should not begin your exercise session if:

- You are not feeling well; due to a cold, flu, or other medical condition,
- If you have not taken your regular prescription medications (if you take any)

If you do not exercise regularly, it is normal to experience some muscle discomfort during the exercises, and muscle soreness after the first few sessions of exercises or when the exercises become more challenging.

Exercise should never be painful. If the exercise is painful or 'feels wrong', simply STOP, sit down on the nearby chair and rest.

If you experience any of the following symptoms, STOP exercising and seek medical advice immediately:

- Dizziness, light headedness or feeling faint,
- Chest pain,
- Irregular, rapid, or a fluttery heartbeat,
- Difficulty breathing,
- Nausea,
- Severe leg ache or pain,
- If you have diabetes and present shakiness, tingling lips, weakness, or an irregular or rapid heartbeat.

