

Questions to ask my doctor *about physical activity*

Please print this page and discuss the following with your doctor during your next office visit.

| Questions | Doctor response |
|---|-----------------|
| If I start a walking program, how long or far should I walk? How often should I walk? How will I know if I am exercising at the correct level for my physical conditioning? | |
| Should I monitor my heart rate when I exercise? If so, what should my maximum heart rate be? Are there other symptoms that I should look out for while exercising? What should I do if I have symptoms? | |
| Do you have other suggestions for increasing my activity? Can you recommend any local exercise programs? | |
| Are there any exercises I should avoid? | |

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