



## Exercising With Health Conditions

Individuals with health conditions often avoid exercise for fear the problem will escalate, or because of simply not knowing where to start. Communication is a great starting point.

Guidelines: Talk to a health care provider. Inquire as to whether there are any specific limitations to be aware of ask for a referral to see a professional who has experience working with someone with your condition.

1. Seek out a fitness professional who is experienced and willing to listen.  
In turn, listen to the answers/explanations received in an effort to ensure answers are knowledgeable. Expect this person to ask questions regarding health history, specific illnesses and/or injury and expect to discuss personal physical activity history.
2. Regardless of whether participation is with a personal trainer, or a group exercise class, progression needs to be gradual. Begin with minimal effort, gradually adding to the workload as fitness levels increase.
3. Ensure that the trainer/class instructor is focused on meeting the needs of his or her participants. Notice whether or not the trainer/instructor is providing modifications when needed, giving alternative options for various exercises performed.
4. It is up to the participant to modify or to rest when the need presents itself. The ability to do this requires a certain amount of overall body awareness, which will improve with experience, and is essential for a successful exercise regimen.
5. Safety must be the number one priority. If at any time safety seems to be in jeopardy, communication is vital. An individual must feel comfortable to voice concerns with the trainer/instructor, and if the trainer/instructor is not willing to listen to those concerns...it is time for you to go to a supervisor or to simply find another fitness professional who can better assist the individual in his or her quest to be physically active and improve their functional fitness.

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