

# EXERCISE PREPARTICIPATION HEALTH SCREENING RECOMMENDATIONS



THE  
**BIG  
CHANGE:**

Most people  
can exercise  
without visiting  
a doctor first.

Points to consider  
before starting to  
exercise or increasing  
exercise intensity:

- 1 Current activity level
- 2 Signs/symptoms of certain diseases
- 3 Planned exercise intensity

## MEDICAL CLEARANCE

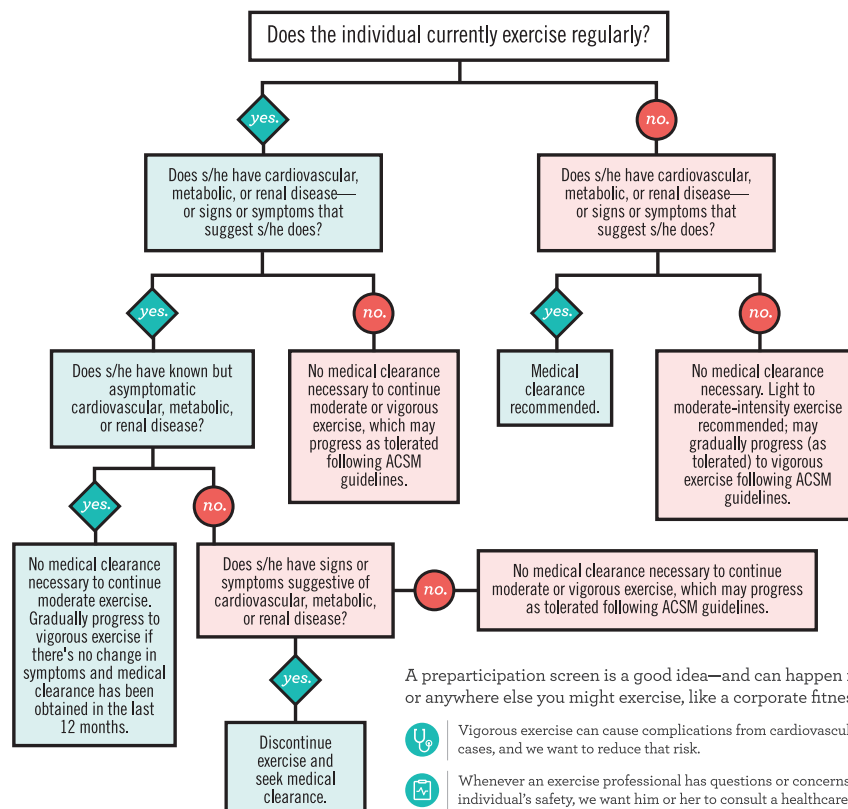
A doctor advises a patient that he or she may exercise based on medical history and current health.

## MEDICAL EXAM/TEST

A doctor examines a patient for particular issues that may interfere with exercise.

## PREPARTICIPATION HEALTH SCREENING

Updated for 2015 and beyond



**The Liability Issue:**  
**HAS THAT CHANGED, TOO?**  
*In short, no.*

If you're a fitness professional:

- ☒ Use reasonable care when training a client.
- ☒ As always, any individual assumes some risk with regard to fitness training under the guidance of a fitness professional, and waivers and releases can limit future liability.

☒ The new exercise preparticipation health screening recommendations are not a replacement for sound clinical judgment. Refer clients to a healthcare provider for medical clearance before they start an exercise program on a case-by-case basis.