EXERCISING SAFELY

10 rules to follow

1 **REPORT** any **pain in your chest** or any **abnormal shortness of breath** during exercise

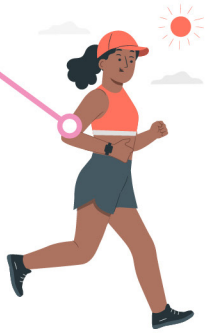
2 **REPORT** any **heart palpitations** during or just after exercise

3 **REPORT** any **discomfort** during or just after exercise

4 **WARM UP** and **cool down** for 10 minutes

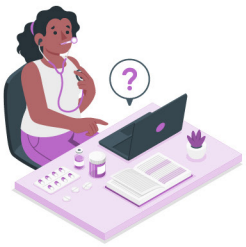
5 **DRINK** **3 or 4 sips of water** every 30 minutes

6 **AVOID** **vigorous exercise** in temperatures below **- 5°C** and above **30°C** and during **pollution peaks**



7 **AVOID** **smoking** 2 hours before and after exercise

8 **NO DOPING** **substances** or **self-medication**



9 **NO STRENUOUS EXERCISE** **if you have a fever** or within 8 days **of having the flu**

10 **GET A MEDICAL CHECK-UP** before resuming **intense physical activity**

Special thanks to the Club des cardiologues du sport

Agir pour le Cœur des Femmes

Women's Cardiovascular Healthcare Foundation

www.agirpourlecoeurdesfemmes.com

ETHANE