



## Fighting Fit & 40+

Fitness, for when it really matters

### Risk Assessments

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Before we begin our sessions, I will ask you to complete a detailed form called a PARQ (Physical Activity Readiness Questionnaire).

This leaflet explains how I will use that information to inform the decision about who I can safely work with, who may need to seek advice before they can work with me, and who I would need to refer to another qualified professional.

I can **probably** work with anyone who has the following characteristics:

- Anyone up to the age of 75 with no weight issues, only minor medical issues, and only minor physical limitations or loss of capacity to carry out daily functions.
- Excess weight but without health-related conditions.
- Medical issues:
  - High-normal blood pressure which is lifestyle controlled.
  - Type 2 diabetes which is diet controlled.
  - Mild osteoarthritis.
  - Mild bone density changes - BMD  $>1$  and  $< 2.5$  SD below the young adult mean.
  - A diagnosis of osteoporosis - if you have no fracture history and are currently active.
  - Mild to moderate stress/anxiety/depression.
- Physical issues:
  - Historic or periodic non-debilitating conditions (e.g. back pain).
  - Some joint or tendon problems (e.g. hip replacement, tendonitis).

I may be able to work with a range of other conditions, and **medical clearance** from your GP may apply as follows:

1. Regardless of whether you are currently active or inactive, if you have *not* been diagnosed with, and don't show any indicators or symptoms of cardiovascular or renal disease, then *no* medical clearance is necessary.

2. If you are currently active and you have been diagnosed with cardiovascular or renal disease, but you *do not* have any symptoms, then *no* medical clearance is necessary for moderate-intensity exercise.
3. If you are currently inactive and you have been diagnosed with osteoporosis, cardiovascular, or renal disease, even if you *do not* have any symptoms, medical clearance *is* necessary.
4. Regardless of whether you are currently active or inactive, even if you don't have a diagnosis but have symptoms of cardiovascular or renal disease, then medical clearance *is* necessary.
5. Depending on severity, and symptoms, if you have: Asthma, Type 1 Diabetes, Type 2 medicated diabetes, or Rheumatoid Arthritis, medical clearance *may be* necessary.
6. If you are currently inactive, are over the age of 50, and have some loss of capacity to carry out daily living activities (e.g. lifting, moving up to standing), medical clearance *may be* necessary.

I **cannot** work with anyone who has any of the following conditions:

- Uncontrolled angina, other pulmonary problems, or diabetes.
- A recent heart attack, stroke, or diagnosis of other cardiovascular complication.
- A recent bone or major joint injury, regardless of whether it is being treated or not.
- Resting blood pressure of 180/100 mmHg or more.
- Uncontrolled pain or feeling very unwell on the day of a workout.
- Any acute recent injury or fall.
- Acute breathlessness or dizziness.
- Recent medication changes relating to conditions including diabetes and angina.
- Severe mental confusion.
- A current flare-up of Rheumatoid Arthritis, other systemic illness, or infection.
- Frailty with limited ability to carry out daily living activities.

Please **advise me** if you have any of the following:

- A current injury or wound.
- Some pain.
- A latex or other allergy.
- Any other condition that is not mentioned elsewhere.

**Multiple risks may mean I can not safely work with you; I must be aware of all your medical circumstances so that we can make the safest decision relating to your exercise programme.**

### Activity definitions:

Exercise is anything that maintains physical fitness and overall health exercise, either through the way it is planned, structured, and repeated (e.g. a gym workout) or results in energy expenditure by using skeletal muscles (e.g. digging the garden).

- Active = an average of 150+ minutes per week of exercise.
- Fairly active = an average of 30-149 minutes per week of exercise.
- Inactive = less than 30 minutes per week of exercise.