

Concerned about your health?

Walking is one of the safest forms of exercise, however if you have any concerns about your health, then before taking the Walking Fitness Test, we suggest you fill in the short questionnaire below to check that the test is suitable for you.

	Yes	No
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel pain in your chest when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
In the past month, have you had chest pain when you were not doing physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a bone or joint problem such as arthritis that could be made worse by exercising?	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever said your blood pressure was too high?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a good physical reason, not mentioned here, why you should not follow an activity program even if you wanted to?	<input type="checkbox"/>	<input type="checkbox"/>

Did you answer yes to any of the questions above? If yes, then you may wish to speak to your doctor before taking the walking fitness test.