

The facilities and equipment utilized by the Lane Community College Fitness Education Center have been designed and instituted to provide the optimal level of exercise benefit and enjoyment without compromising the health and safety of participants in the facility. To aid in the development of a safe and effective exercise program the Fitness Education Center requires all students to complete a pre participation health screening.

Yes	No	Exercise Readiness Questions
		Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
		Do you feel pain or discomfort in your chest when you do physical activity?
		In the past month, have you had chest pain when you were not doing physical activity?
		In the past 6 months, have you experienced rapid throbbing or fluttering of the heart while at rest?
		Do you lose your balance because of dizziness or do you ever lose consciousness?
		Do you have a bone or joint problem that could be made worse by a change in your physical activity?
		Is your doctor currently prescribing medication for your blood pressure or heart condition?
		Is your current blood pressure reading equal to or over 140/90?
		Are you, or might you be pregnant?
		Do you know of any other reason why you should not do physical activity?

****If you answered "Yes" to any of these exercise readiness questions, medical clearance will be required before your participation in the Fitness Education Center can begin.***