

## General Disclaimer for online MHealthy Exercise Classes

- MHealthy strongly recommends that you consult with your physician before beginning any exercise program. Before performing any exercise program remember to think about your current level of physical health and whether you are able to participate in exercise.
- Below are a few questions you should ask yourself before participating in any physical activity:
  - Has your doctor ever said you have a heart condition or lung problem, and should only do physical activity recommended by a doctor?
  - Do you usually get short of breath with very light exertion?
  - Do you ever get chest pressure or discomfort with moderate or vigorous activity?
  - Do you ever lose balance or get dizziness during physical activity?
  - Are there any other medical conditions that I should consider before performing physical activity?
- If you answered “yes” to any of these questions, and have not seen a doctor recently, participation in the online exercise class is not advised.
- We ask that you also be mindful of the space that you have around you. When exercising at home, make sure to give yourself 3-6 feet of open space on every side, and make sure to pick up all objects of the floor that could present a trip hazard.
- Please understand that when participating in any exercise or physical activity program there is a possibility of physical injury, and choosing to engage in this exercise or exercise program is done so at your own risk.
- If the activity seems too rigorous for you, please take a break. You are encouraged to move at a pace that feels comfortable for you at all times.