

Questions to ask my doctor about physical activity

Please print this page and discuss the following with your doctor at your next appointment.

Questions	Doctor response
If I start a walking program how often should I walk, for what time intervals and for what distance? How will I know if I am exercising at the correct level for my physical conditioning?	
Should I monitor my heart rate during exercise? If so, what should my maximum heart rate be?	
Should I monitor my blood sugar level before and after exercise? Can you remind me of symptoms of levels that are too low or too high?	
Are there other symptoms that I should look out for while exercising? What should I do if I have symptoms?	
Are there any precautions should I take before or during exercising? Are there recommendations for when I should NOT exercise?	
Do you have other suggestions for increasing my activity? Can you recommend any local exercise programs?	
Are there any exercises that I should avoid?	

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