

In partnership with Personally ProActive

## Important pre-exercise safety advice and contra-indications to exercise

**Before** setting out to start your Ethos Wellbeing Structured Movement Therapy Sessions it is very important to take note of the following advice.

You should **NOT** exercise if you experience any of the following:

- Chest pain or tightness in the chest
- Feeling dizzy or nauseous
- Feeling clammy or cold
- Experiencing more wheezing or more breathlessness than usual
- If you experience any new pain
- You're feeling unusually tired

Before exercise make sure you:

- Have any prescribed medication close to hand e.g. if you have a 'reliever' inhaler
- Wear supportive non-slip footwear and comfortable clothing
- Have the telephone close by if you are exercising on your own
- Have enough space for moving comfortably in your surroundings

It is important to remember that we are all different and it is very important that you **exercise at your own pace.**

During the session you should:

- Allow your breathing to be 'fluid' and be able to hold a conversation while exercising
- Allow your exercises to be challenging without causing pain or discomfort
- Your muscles should feel 'somewhat' tired, a little soreness the following day is quite normal
- Feel 'comfortably' tired after your Movement Therapy Sessions, but not fatigued

Enjoy your exercise and the benefits of improved stamina, muscle strength and feeling of wellbeing!

To better understand how hard to work and how breathless you should feel, please refer to:

**Borg Breathlessness Scale** and **Borg Scale for Perceived Exertion** that are available on the Ethos Wellbeing webpage.