

## Love Yourself Healthy Challenge - Day 4 Worksheet

### American College of Sports Medicine Cardiovascular Risk Stratification Screening Questionnaire

It is important to ensure safety before engaging in exercise, especially as it relates to cardiovascular / heart health. Please use this to determine your need to see a medical provider before exercising.

Positive Risk	Defining Criteria	ADD
Age	Men $\geq$ 45 Women $\geq$ 55	+ 1
Family History	Heart attack, coronary revascularization (heart bypass surgery , CABG, or balloon angioplasty / stent placement in the heart) , or sudden death BEFORE age 55 in father or other first degree male relative OR before age 65 in mother or other first degree female relative	+1
Cigarette Smoking	Current cigarette smoker Quit within the previous six months Exposure to environmental tobacco (secondhand) smoke	+1
Sedentary Lifestyle	NOT participating in AT LEAST 30 minutes of moderate-intensity physical activity on AT LEAST 3 days per week for AT LEAST 3 months	+1
Obesity	BMI $\geq$ 30 Waist girth $>$ 40 inches for men OR $>$ 35 inches for women	+1
Cholesterol	LDL cholesterol $>$ 130 HDL cholesterol $<$ 40 (IF only the total cholesterol is available: Cholesterol $>$ 200) Taking cholesterol (lipid lowering) medication	+1
Pre-Diabetes	Fasting Plasma Glucose between 100 and 126 Two Hour Oral Glucose Tolerance Test between 140 and 200	+1
Negative Risk	Defining Criteria	SUBTRACT
Cholesterol	HDL $\geq$ 60	- 1

**TOTAL SCORE:** \_\_\_\_\_

**Less than 1: Low Risk.** Medical clearance is not necessary prior to engaging in exercise

**More than 2: Moderate Risk.** Medical clearance is not necessary for moderate exercise but is required prior to engaging in vigorous exercise

**NOTE:** Medical clearance necessary for moderate and vigorous exercise if have known cardiac (heart), pulmonary (lung), or metabolic (diabetes, metabolic syndrome, etc.) diseases OR **symptoms below**

- Pain or discomfort in the chest, neck, jaw, or arms
- Shortness of breath, difficulty breathing at rest, with mild exertion, in reclining position
- Dizziness or syncope (fainting)
- Ankle edema (swelling), intermittent claudication (leg pain/cramping)
- Heart murmur, palpitations, tachycardia (fast heart rate)
- Unusual fatigue with usual activities