



# Client Handout

## What to ask your doctor about exercising

The International Council on Active Aging (ICAA), the world's largest senior fitness and wellness association, suggests that people ages 50 and above take an active approach to finding out more about physical activity from their healthcare providers. Here are some questions older adults can ask their physicians about becoming physically active:

1. Can I exercise?
2. What kind of exercise can I do?
3. What kind of exercise should I avoid?
4. How often can I do this exercise?
5. How intensely can I do this exercise?
6. How long should I exercise for?
7. How do I know when to progress?
8. Do I need any type of test beforehand?
9. Should my exercise program be supervised or unsupervised?
10. How will medication impact my exercising?
11. Can you refer me to a qualified trainer or facility?
12. Are you familiar with guidelines for exercise from the Centers for Disease Control and Prevention, American Heart Association or American College of Sports Medicine?

Older adults stand to gain important health benefits through physical activity, including disease prevention. The ICAA encourages individuals to make healthier lifestyle choices, such as being more physically active and eating a balanced, healthy diet, and to seek the advice of their physicians in making these changes.