



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

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Risks of exercise for medical conditions

Always refer to the current and most up-to-date exercise guidelines for those with specific medically controlled conditions

- ACSM guidelines
- Chief Medical Officer's report

Summary of the risks of exercise for medical conditions

Risks are progressively higher for those who are inactive

- Increased risk of injury
- Increased blood pressure and heart rate (immediate)
- Strains and sprains
- Fainting
- Hyperthermia
- Hypoglycaemia
- Angina
- Asthma attack
- Heart attack

