

<p>Do you or a family member have a history of cardiovascular disease?</p> <ul style="list-style-type: none"> ▪ Cardiovascular disease or sudden death before age 55 of close male relative, i.e. father, son, brother ▪ Cardiovascular disease or sudden death before age 65 of close female relative, i.e. mother, sister, daughter 	Yes	No
<p>Are you a current smoker, or did you quit in the last six months?</p>	Yes	No
<p>Has your blood pressure measured equal to or greater than 140/90 on two separate occasions?</p>	Yes	No
<p>Do you have high cholesterol (hypercholesterolemia)?</p> <ul style="list-style-type: none"> ▪ Total serum cholesterol greater than 200 mg/dl or ▪ HDL less than 35 mg/dl or LDL greater than 130 mg/dl <p><i>If you have HDL cholesterol reading of greater than 60 mg/dl, that is a positive factor, which offsets a negative factor. Subtract one from your total number of “yes” answers.</i></p>	Yes	No
<p>Do you have impaired fasting glucose levels, as measured on two separate occasions?</p> <ul style="list-style-type: none"> ▪ Fasting blood glucose equal to or greater than 110 mg/dl measured on two separate occasions. 	Yes	No
<p>Are you seriously overweight?</p> <ul style="list-style-type: none"> ▪ Body Mass Index (BMI) greater than 30 <i>BMI = (weight in pounds X 703)/(height in inches X height in inches)</i> ▪ or waist larger than 100 centimeters (39 inches) 	Yes	No
<p>Do you have a sedentary lifestyle?</p> <ul style="list-style-type: none"> ▪ No regular physical activity (physical activity includes work around the house, yard work, walking, etc.) ▪ No active recreational pursuits/inactive job 	Yes	No

If you answered YES to two or more risk factors above, it's important to review your answers with your personal physician before beginning a vigorous exercise program, and obtain a signed Medical Clearance Form from your physician before beginning a vigorous exercise program.

To be on the safe side, the ASCM recommends an exercise stress test for men over age 45 and women over age 55 prior to beginning a rigorous exercise program to reduce the probability that you may have undetected cardiovascular disease. Additionally, the test can provide valuable information for use in designing your exercise program.