



### **Health and Wellbeing Disclaimer:**

Before starting any new diet and exercise program please check with your doctor and clear any exercise and/or diet changes with them before beginning.

Particularly if you (or your family) have;

- A history of high blood pressure or heart disease
- Ever experienced chest pain when exercising
- Experienced chest pain in the past month, when not engaged in physical activity
- Smoke
- High cholesterol
- Are obese
- A bone or joint problem that could be made worse by a change in physical activity

Do not start a fitness program if your doctor advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

The office of Health, Wellbeing and EAP offers health, fitness and nutritional information designed for educational purposes only.

You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment.

If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.

