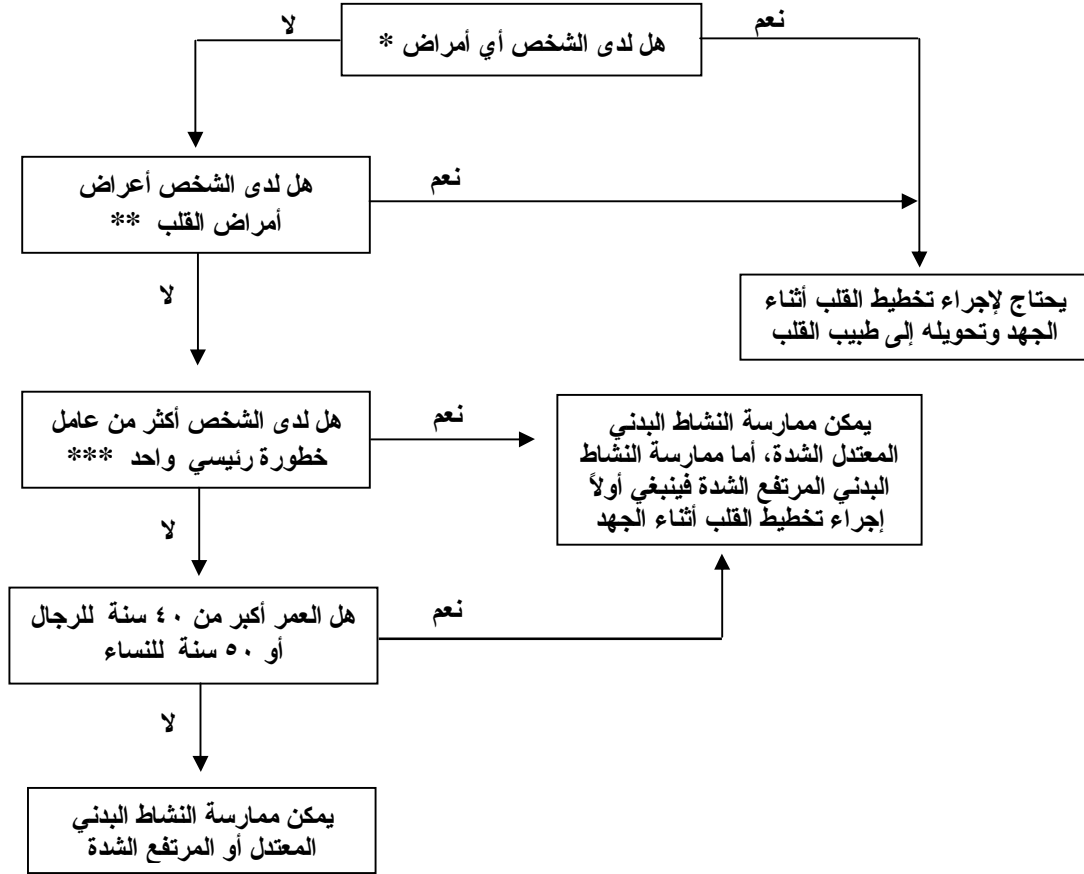


تقييم جاهزية الشخص لممارسة النشاط البدني



* Diagnosed Disease:

- Cardiac disease (excluding controlled hypertension)
- Pulmonary Disease
- Metabolic disease

** Symptom of CV disease:

- Pain or discomfort in the chest, arms suggestive of ischemia
- Shortness of breath at rest or with exertion
- Dizziness or syncope
- Orthopnea or paroxysmal nocturnal Dyspnea
- Ankle edema
- Palpitations or unexplained tachycardia
- Intermittent claudication
- Known heart murmur
- Unusual extreme fatigue

*** Risk factors:

- Family history
- Tobacco Use
- Hypertension
- Hyperlipidemia
- Diabetes Mellitus