



## EXERCISE & PRESCRIBED MEDICATION

### WHAT YOU NEED TO KNOW !

#### Guidelines

1. **You** need to make sure the **PERSONAL TRAINER** is qualified to train you on medication as there are specific guidelines to follow for exercise testing and prescription.
2. **You** need to check it out. They would have GP Referral Qualification re Exercise and medication.
3. Make sure **Your** happy in the environment and time of day you are training.
4. Inform **Your** trainer of the medications. Normally taken care of in the consultation.
5. The trainer may ask for a signed disclaimer from your GP to quantify some issues should they believe appropriate regarding the medications and that it is safe to move forward with an exercise program.
6. If **You** have a home gym the trainer may offer a service of training you at home.
7. Once you have engaged in their service at any point you are not feeling well stop and inform them. Listen to their guidance.

#### DID YOU KNOW?

There are a variety of health complaints that we at Virtual health are qualified to train **You** with:

- Prescribed medication for Raised Blood Pressure
- Prescribed medication for Raised Cholesterol
- Asthma
- Depression
- Parkinson's Disease
- Obesity / Metabolic Syndrome
- Individuals experiencing Bereavement
- Alzheimer's
- Diabetes Type One and Two.
- Heart complaints, Depression and Ms.

**Optimal Blood Pressure**

**120mmHg  
80mmHG**

**Preventative Measures  
Get Your's checked  
TODAY**