

The facilities and equipment utilized by the Lane Community College Fitness Education Center have been designed and instituted to provide the optimal level of exercise benefit and enjoyment without compromising the health and safety of participants in the facility. To aid in the development of a safe and effective exercise program the Fitness Education Center requires all students to complete a preparticipation health screening.

Yes	No	Exercise Readiness Questions
		You experience unexplained chest pain at rest or during activity that is not related to asthma.
		You have a heart condition AND your doctor said that you should only do physical activity recommended by a doctor.
		You have had a heart attack or heart surgery in the last 12 months.
		You might be pregnant.
		You have any other condition that prevents you from safely participating in exercise.
		You have had a stroke or aneurysm in the last 12 months.

****If you answered “Yes” to any of these exercise readiness questions, medical clearance will be required before your participation in the Fitness Education Center can begin.***