

## TYPICAL/EXPECTED RESPONSES TO EXERCISE INCLUDE:

- Breathing heavier
- Faster heart rate
- Higher body temperature
- Gentle pulling, aching or slight discomfort in your muscles during exercise
- Mild muscle soreness after strength training, especially if you have not used this muscle for a long time

## EXERCISE RED FLAGS:

- Unusual shortness of breath (unable to catch your breath after resting)
- Pain in your chest/arm/jaw
- Sharp, muscle or joint pain
- Irregular heart beat
- Feeling dizzy or nauseous

## IF YOU EXPERIENCE ANY OF THESE RED FLAGS YOU SHOULD:

- reduce how fast/hard/long you are doing the exercise
- stop that exercise today and try it again tomorrow.

**But, if these don't help and the red flags do not go away within 20-30 minutes of stopping exercising, you may need medical assistance - call 911 or go to nearest emergency room in a hospital.**