

How do I know if I am exercising too hard?

Signs of overexertion

Any of these symptoms are warning signs that you're exercising too hard. Slow down!!

- Being unable to exercise and talk at the same time – The talk test
- Prolonged fatigue 30 – 60 minutes after exercise
- Light headedness
- Nausea
- Pounding in the head
- Heart rate after cool-down that is still more than 20 beats per minute above resting heart rate
- Rating your "Perceived Rate of Exertion" as 8/10 or "very, very hard"



Abnormal Responses to Exercise

Any of these symptoms require further medical attention. Stop immediately if you experience:

- Pain or pressure in the chest, arm, teeth, jaw or neck
- Dizziness or fainting
- Abnormal heart action, such as new episodes of palpitations or irregular heart beats

What if I get angina again?

Angina is discomfort in the chest, neck, jaw, back, shoulder or arm(s). Angina is caused by a lack of oxygen to the heart and is usually brought on by activity and relieved with rest. In some people angina can occur when exercising.

Stop exercising if you get angina!!!



If you get angina while exercising:

- Stop and rest for 5 minutes
- If the angina lasts more than **5 minutes**, use a nitroglycerine tablet or spray. Then wait **5 more minutes**.
- If pain is still there, use another nitroglycerine tablet or spray. Wait another **5 minutes**.
- If the pain is still not gone, **call 911**

LISTEN TO YOUR BODY