

Review of the Exercise Participation

Deferral of Exercise on a Given Day in case of:

- Angina
- Acute illness with fever
- Access site problems (infiltration, etc)
- Blood pressure control problems (too high- 200/110 mmHg; too low- SBP \leq 100)
- Unusual tachycardia
- Dyspnea
- Excessive fluid to be removed (if accompanied with dyspnea or need of supplemental oxygen)
- High blood glucose levels in diabetic patients (> 300 dL/g)
- Severe emotional stress
- Alcoholic hangover
- Orthopedic pain
- Foot sore/ulcer that will receive pressure during exercise

Decreased Intensity of Exercise on a given day as indicated in the following situations*:

- Dyspnea
- Lightheadedness
- Cramping
- General fatigue
- Arrhythmia
- Blood pressure increases to \geq 200/110 mmHg, or a decrease in SBP \leq 100 mmHg
- Prolonged fatigue (from previous exercise session)
- Persistent tachycardia (during previous exercise session)

*If problem persists, STOP exercise

Discontinuation of Exercise on a given day as indicated in the following situations:

- Decrease in systolic blood pressure
- Progressive fall in systolic blood pressure with symptoms
- Excessive tachycardia
- Failure of heart rate to increase
- Angina
- Inappropriate breathlessness that persists with a decrease in intensity
- Faintness, dizziness, lightheadedness, confusion
- Cyanosis, pallor