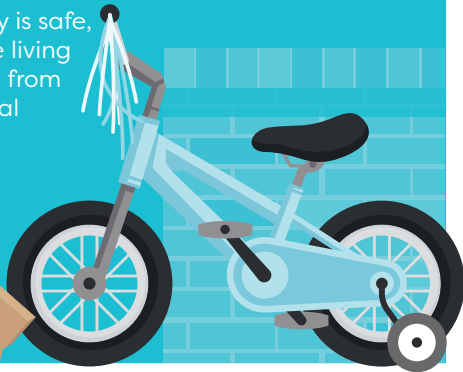


# It's safer for people with long-term conditions to be physically active

## 1. The benefits outweigh the risks

Physical activity is safe, even for people living with symptoms from multiple medical conditions.



## 2. The risk of adverse events is very low but that's not how people feel

Well informed conversations with healthcare professionals can reassure people who are fearful of their condition worsening, and further reduce this risk.



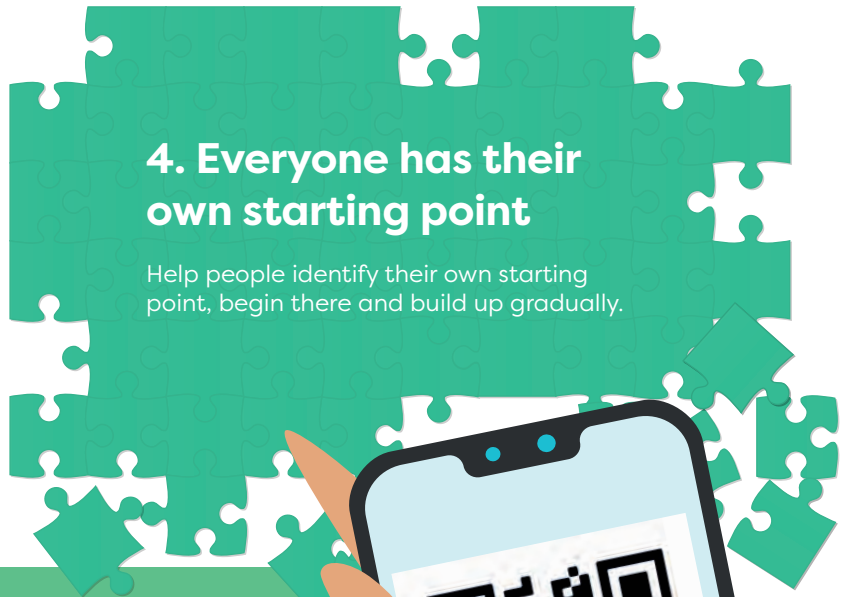
## 3. It's not as easy as just telling someone to move more

Be aware of the concerns of individuals and their carers to help build confidence.



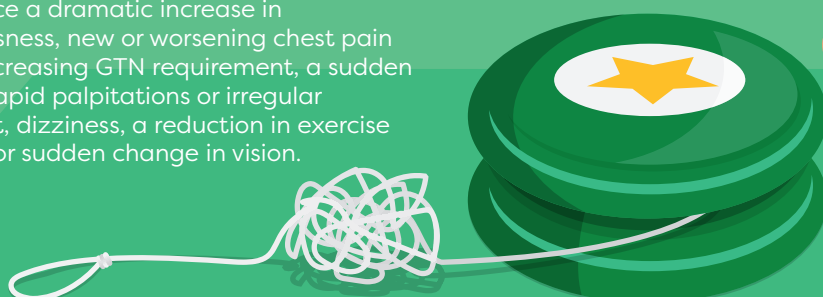
## 4. Everyone has their own starting point

Help people identify their own starting point, begin there and build up gradually.



## 5. Stop and seek medical review if...

They notice a dramatic increase in breathlessness, new or worsening chest pain and/or increasing GTN requirement, a sudden onset of rapid palpitations or irregular heartbeat, dizziness, a reduction in exercise capacity or sudden change in vision.



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