



Exercise Disclaimer and Guidance

General guidelines:

- Work within your own levels of comfort and ability
- Wear comfortable loose fitting clothing
- Wear non slip supportive shoes
- Wait one hour after a meal before exercising
- Make sure that you have enough space around you
- Drink plenty of water throughout the day and take small sips whilst you are exercising

Specific Guidance:

- Please read the exercise guidance specific to your condition
- If you are known to St Richard's Hospice and have specific exercise questions please contact us directly
- If you are not known to St Richard's Hospice, please check with your GP if you are unsure whether you are safe to undertake exercise

Stop if:

- You experience chest pain/tightness/dizziness/nausea
- You feel clammy or cold
- You become wheezy
- You have new onset joint or muscle ache or pain
- You feel unusually tired for you
- You feel generally unwell

Useful Links

- www.diabetes.org.uk/Guide-to-diabetes/Managing-your-diabetes/Exercise
- www.cancerresearchuk.org/about-cancer/coping/physically/exercise-guidelines
- www.blf.org.uk/support-for-you/keep-active/exercise-video/keep-safe
- www.csp.org.uk/system/files/easy_exercise_guide_2016.pdf
- www.nhs.uk/live-well/exercise/
- www.parkinsons.org.uk/information-and-support/exercise