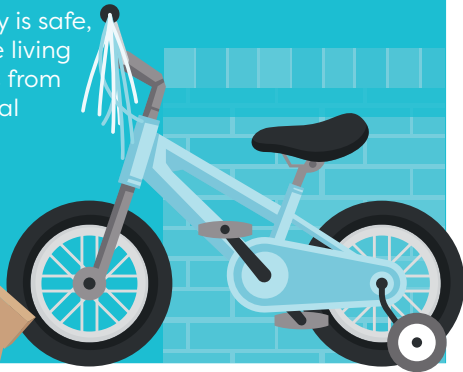


It's safer for people with long-term conditions to be physically active

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.



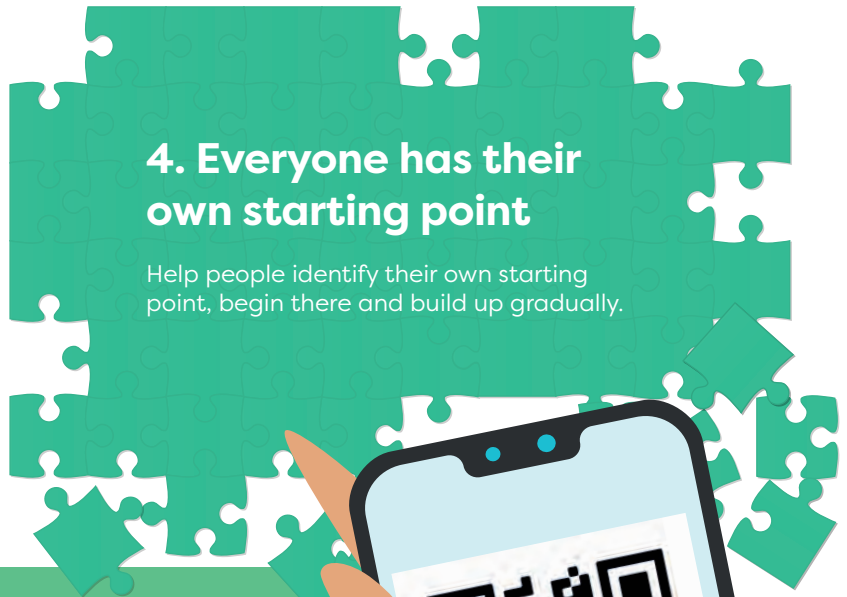
3. It's not as easy as just telling someone to move more

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



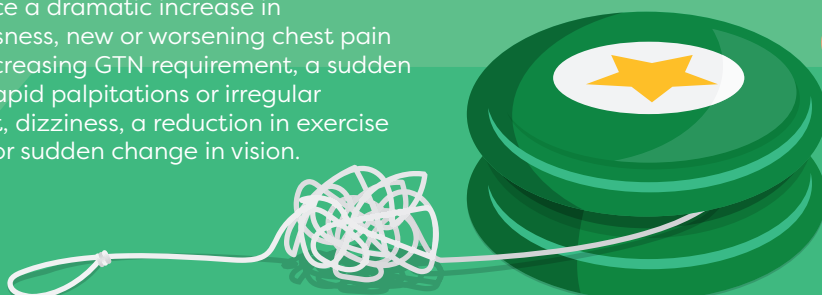
4. Everyone has their own starting point

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



5. Stop and seek medical review if...

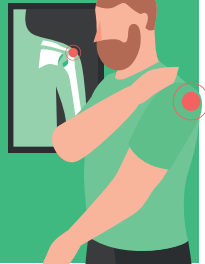
They notice a dramatic increase in breathlessness, new or worsening chest pain and/or increasing GTN requirement, a sudden onset of rapid palpitations or irregular heartbeat, dizziness, a reduction in exercise capacity or sudden change in vision.



Physical activity and symptoms

MSK Pain

- A temporary increase in pain is normal and does not represent tissue damage.
- It will stop once their body adapts.



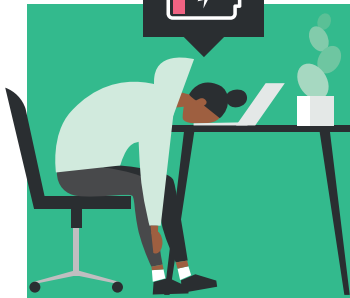
Dysglycemia

- There is a risk of short-term dysglycemia.
- Hypoglycaemia is the most common adverse event in diabetics treated with insulin or insulin secretagogues, and can recur if not managed appropriately.
- The overall risk of severe hypoglycaemia is not increased.
- High intensity physical activity can make blood glucose levels rise, so people with diabetes will need strategies to deal with this.



Fatigue

- A temporary increase in fatigue is normal.
- Physical activity is good for fatigue, sleep and wellbeing.



Shortness of breath

- Physical activity will make people feel more breathless.
- Breathlessness can be frightening.
- Advise people to start at a low level and build gradually.



Palpitations

- Increased awareness of your heartbeat during physical activity can be frightening.
- Physical activity is contraindicated in people with symptomatic and untreated cardiac tachy- or brady-arrhythmia and appropriate medical management is needed.
- People with controlled atrial fibrillation benefit from regular physical activity.



Cardiac chest pain

- The long-term benefits far outweigh the temporary, slight increased risk of adverse events in those with ischaemic heart disease.



Falls & frailty

- Frail, inactive people have much to gain from building strength and balance.
- Even small improvements reduce the risk of falling and improve confidence.
- Activities should be tailored to the individual's functional and cognitive capacity.

Cognitive impairment

- Strategies to maintain motivation, engagement and safety are important and people will often benefit from support from others.
- Consider functional level, stage of disease, communication ability, preferred environment, risk of falling and other medical conditions.