

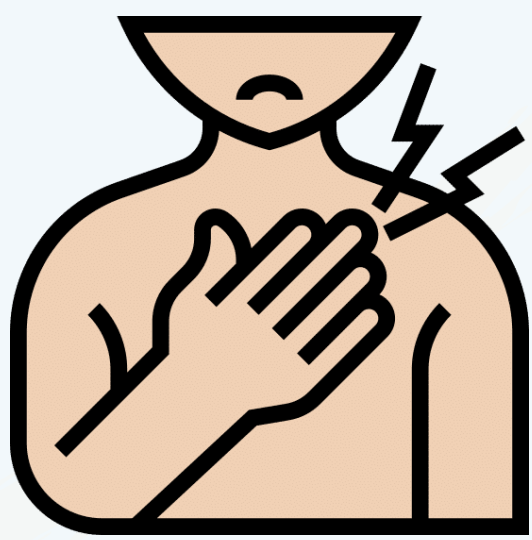


Tan Tock Seng
HOSPITAL

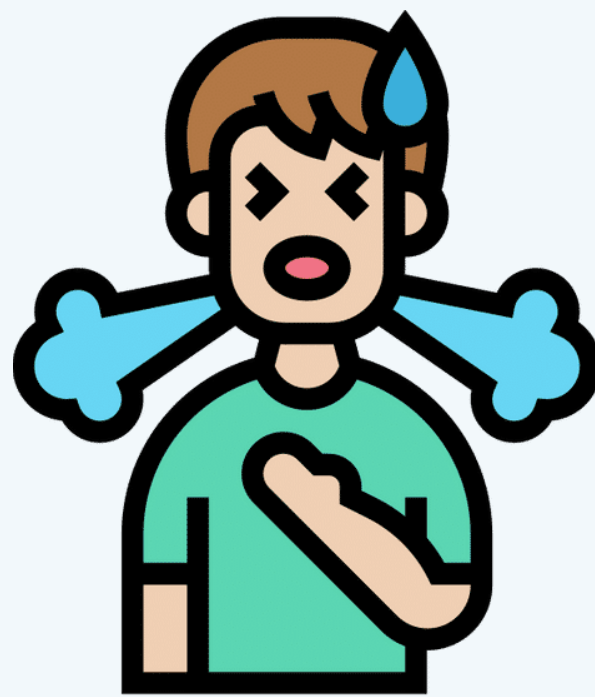
HOW TO EXERCISE SAFELY

You should bring the care recipient to seek medical clearance from a doctor for any significant health-related history before initiating an exercise.

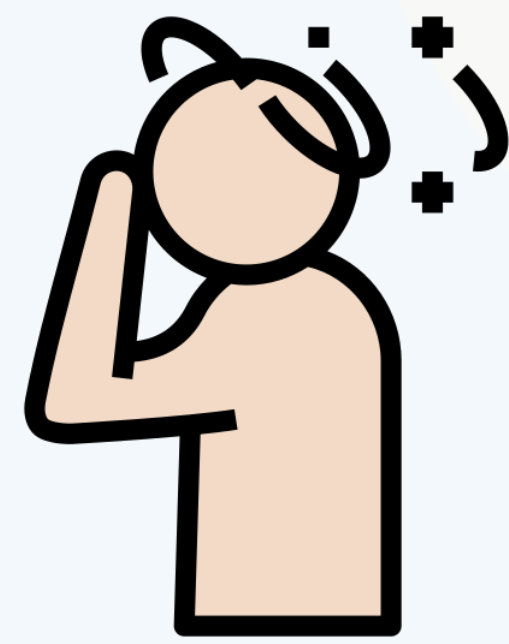
Stop exercise immediately when the care recipient experiences the following symptoms:



Chest pain



Severe Shortness
of breath



Dizziness



Irregular Heart Beat



Fever



Cold Sweat



Nausea

Seek medical attention if these symptoms persist!