

Participates in Regular Exercise[§]

No

No CV, Metabolic or Renal Disease and no signs or symptoms CV[†], Metabolic^{††}, or Renal Disease

AND

No Signs or Symptoms^{†††} Suggestive of CV[†], Metabolic^{††} or Renal Disease

Medical Clearance^{††††} Not Necessary

Light to Moderate^{**} Intensity Exercise Recommended

May Gradually Progress to Vigorous^{***} Intensity Exercise Following ACSM Guidelines[‡]

Known CV[†], Metabolic^{††}, or Renal Disease

AND

Asymptomatic

Medical Clearance^{††††} Recommended

Following Medical Clearance, Light* to Moderate^{**} Intensity Exercise Recommended

May Gradually Progress as Tolerated Following ACSM Guidelines[‡]

Any Signs or Symptoms^{†††} Suggestive of CV[†], Metabolic^{††}, or Renal Disease

(Regardless of disease status)

Medical Clearance^{††††} Recommended

Following Medical Clearance, Light* to Moderate^{**} Intensity Exercise Recommended

May Gradually Progress as Tolerated Following ACSM Guidelines[‡]

No CV[†], Metabolic^{††}, or Renal Disease

AND

No Signs of Symptoms^{†††} Suggestive of CV[†], Metabolic^{††}, or Renal Disease

Medical Clearance^{††††} Not Necessary

Continue Moderate^{**} or Vigorous^{***} Intensity Exercise

May Gradually Progress Following ACSM Guidelines[‡]

Yes

Known CV[†], Metabolic^{††}, or Renal Disease

AND

Asymptomatic

Medical Clearance^{††††} for Moderate Intensity Exercise Not Necessary

Medical Clearance (within the last 12 months if no change in signs and symptoms) Recommended Before Engaging in Vigorous^{***} Intensity Exercise

Continue with Moderate^{**} Intensity Exercise

Following Medical Clearance, May Gradually Progress as Tolerated Following ACSM Guidelines[‡]

Any Signs or Symptoms^{†††} Suggestive of CV[†], Metabolic^{††}, or Renal Disease

(Regardless of disease status)

Discontinue Exercise and Seek Medical Clearance

May Return to Exercise Following Medical Clearance

Gradually Progress as Tolerated Following ACSM Guidelines[‡]

§Exercise Participation	Performing planned, structured physical activity at least 30 min at moderate intensity on at least 3 days per week for at least the last 3 months.
*Light Intensity Exercise:	30-<40% HRR or VO2R, 2-<3 METS, RPE 9-11, an intensity that causes slight increases in HR and breathing
** Moderate Intensity Exercise	40-<60% HRR or VO2R, 3-<6 METS, RPE 12-13, an intensity that causes noticeable increases in HR and breathing
***Vigorous Intensity Exercise	60-<90% HRR or VO2R, 6-<8.8METS, RPE 14-17, an intensity that causes substantial increases in HR and breathing
† Cardiovascular (CV) Disease	Cardiac, peripheral vascular, or cerebrovascular disease.
††Metabolic Disease	Type 1 and 2 diabetes mellitus.
†††Signs and Symptoms	At rest or during activity. Includes pain, discomfort in the chest, neck, jaw, arms, or other areas that may result from ischemia; shortness of breath at rest or with mild exertion; dizziness or syncope; orthopnea or paroxysmal nocturnal dyspnea; ankle edema; palpitations or tachycardia; intermittent claudication; known heart murmur; unusual fatigue or shortness of breath with usual activities.
††††Medical Clearance	Approval from a healthcare professional to engage in exercise.
φACSM Guidelines	See ACSM's Guidelines for Exercise Testing and Prescription, 9 th edition, 2014.