

POLICY ON EXERCISE FOR SUPPORT CLIENTS

Exercise tolerance testing may be helpful in identifying individuals at increased risk for adverse events during exercise. The support clients who meet the following criteria will be required to have a Exercise Tolerance Test ("ETT," commonly known as a "treadmill test" although it can also be performed on a bicycle, or using other modalities) within the last 12 months which has been interpreted as normal as a condition for using the exercise facilities at the Duke Diet and Fitness Center.

1. Those clients with known or suspected heart disease based on medical history will be required to present a complete report of a normal ETT within the past 12 months.
2. Other clients will be required to have had a normal ETT within 12 months prior to admission, if they meet **EITHER criterion "a" or criterion "b" below**:
 - a) they have diabetes, **OR**
 - b) they are a man older than age 45, or a woman older than age 55 **AND** have **1 or more** of the following risk factors for heart disease:
 - Regular tobacco use within the past year (daily use of cigarettes, cigars, pipe, or chewing tobacco)
 - Elevated blood pressure (BP > 140 systolic, or > 90 diastolic **OR** on medication for high blood pressure)
 - Abnormal cholesterol (total cholesterol > 240, or LDL cholesterol > 160) **OR** on medications for high cholesterol
 - A history within their immediate family of early heart disease (father or a brother who has had a heart attack or sudden cardiac death before age 55, or mother or a sister who has had this before age 65)

Note that these are **guidelines**. There may be other circumstances in which the DFC medical staff may judge it appropriate to require exercise tolerance testing before allowing exercise participation. The DFC medical staff has final authority in exercise clearance decisions.

If a support client meets any of the above criteria and does not present with a normal ETT from within the most recent 12 months, he or she will not be permitted to exercise at the DFC. Other exercise options may be available; please contact Client Relations for additional information.