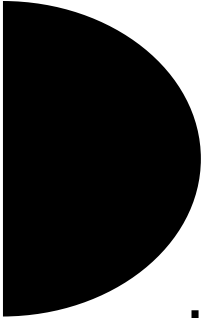


# *Exercise Danger Signs*



If you feel any of following signs/symptoms, stop exercising immediately and tell your instructor.

- . Unusual Fatigue
- . Nausea
- . Dizziness
- . Tightness or pain in the chest
- . Lightheadedness
- . Loss of muscle control
- . Severe breathlessness
- . Allergic reactions, e.g., rash or hives
- . Blurring of vision

