

When To Stop Exercising!

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These are general indications for stopping exercise. Remember to do what you can safely during each exercise session. Increase your fitness and stamina in sequential steps a little bit at a time. Be consistent, but don't be unreasonable with your body and current level of fitness—and always use common sense.

Just do what is reasonable and stop if you need to stop!

*Indications have been simplified; see references below for more details.

Caution! See your physician or professional health-care provider as needed. Review the **PAR-Q Form** before increasing or starting an exercise program!

- **Onset of angina or angina-like symptoms:**
 - Angina is severe pain or constriction around your heart, usually radiating to the left shoulder and down the left arm or even into the abdomen or jaw. Angina is caused by an insufficient supply of blood to the heart.
- **Significant drop in systolic blood pressure or a failure of the systolic blood pressure to rise with an increase in exercise intensity.**
- **Excessive rise in blood pressure.**
- **Signs of poor perfusion: light-headedness, confusion, poor muscle coordination, paleness, blue or gray skin color, nausea, or cold and clammy skin.**
- **Failure of heart rate to increase with increased exercise intensity.**
- **Noticeable change in heart rhythm.**
- **You want to stop!**
 - If you feel you should stop—just stop. Evaluate your body condition. Either stop exercising all together that session or begin exercising again when safe after resting.
- **Severe fatigue:**
 - If you've had enough, you've had enough. Just stop. Try again later after you're rested and recovered.
- **Failure of exercise equipment:**
 - Stop immediately if equipment is broken or malfunctioning. Notify staff at once so no one else uses the equipment until repaired.

References: Franklin, B.A., Whaley, M.H., & Howley, E.T. (Eds.). (2000) American College of Sports Medicine's Guidelines for exercise testing and prescription. (6th ed.) Philadelphia: Lippincott Williams & Wilkins; Thomas, C.L. (Ed.). (1989). Taber's cyclopedic medical dictionary. (16th ed.). Philadelphia: F.A. Davis Company; & Ron Jones.

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