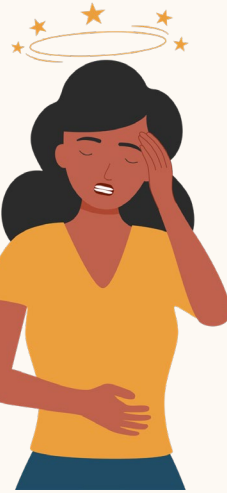


Precautions – what to look out for

Seek medical attention **IMMEDIATELY** if you experience one or more of the following symptoms before, during or after exercising:



Chest pain (with or without the discomfort radiating through left shoulder/arm)



Dizziness/lightheadedness



Profuse perspiration