

When to Stop Exercising

Being as physically active as possible protects your health. The benefits of physical activity far outweigh any potential risk. Listen to your body. Stop exercising if you have any of these symptoms:



- Pain, tightness, pressure, or discomfort in your chest, neck, shoulder, arm, back, or jaw
- Severe shortness of breath
- Cold sweats
- Severe nausea or vomiting
- Muscle cramps
- Sudden weakness or changes in feeling in your arms and/or legs
- Trouble swallowing, talking, or seeing
- Severe headache, dizziness, or lightheadedness
- Severe joint pain

If symptoms don't go away after a few minutes, call 911. If the symptoms go away, but return each time you exercise, talk with your health care team.