Medical Advisory

Tecumseh Step Test

I understand that the "Tecumseh Step Test" measures the heart rate's response to a standardized level of physical exercise and it's recovery after a period of rest.

I also understand that certain medical conditions and medications may interfere with this test and may even increase one's risk of developing certain serious medical problems such as cardiovascular collapse, stroke or heart attack.

To the best of my knowledge I do not suffer nor have suffered from any of the following medical conditions:

- Angina pectoris (intermittent chest pain due to a lack of oxygen supply to the heart muscle)
- Heart attack
- Cardiac arrhythmia (abnormal rhythm of the heart)
- Stroke
- Heart failure
- Asthma
- Exercise induced epilepsy

I do not have a cardiac pacemaker and I am not taking any medication for heart disease and /or high blood pressure.

I do not suffer from any medical condition that may be worsened, or put me at risk of medical complications by the Tecumseh Step Test. I understand that my taking the step test is solely at my own risk.

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Date	Place	Sign here please