General safety advice

- **Your healthcare professional will assess whether it is safe for you to undertake your chosen activity. If they have any concerns the healthcare professional will advise you to speak with your GP or consultant. If you are undertaking PARAS without the support of a healthcare professional please check with your GP or consultant that this is safe.**
- **Remember to start slowly and gradually increase your effort levels**
- **If you experience any dizziness, chest pain or shortness of breath while being more active please contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop being physically active).**
- Slight muscle soreness after physical activity is normal. If soreness or pain stops you from doing any of the activities or is making you feel more tired, you should reduce the amount or intensity of your activity.
- If you feel at all unsteady when being more active you may need to perform the activities holding onto something stable like a kitchen worktop, solid table or solid chair.
- Wear appropriate clothing and footwear during activities and use any walking aids or splints provided to you by your healthcare professional.