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## Exclusion Criteria

Individuals with the following absolute contraindications to exercise are not suitable for referral into Fit 4 Life (Cumbria) until the condition is treated and stable

- **Unstable Angina (Occurs at rest, no pattern)**
- **Resting Systolic Blood Pressure >180mmHg**
- **Resting Diastolic Blood Pressure >100mmHg**
- **Uncontrolled Tachycardia (HR >100bpm at rest)**
  - **Unstable or Acute Heart Failure**
    - **Febrile illness (Fever)**
    - **Uncontrolled Diabetes**
- **Significant / Unstable Mental Health Condition**

