UPONLY LEARNING PRESENTS MOVE EVERY DAY

Talk test and warning signs



Moderate: your student can talk but not sing.
Vigorous: your student can say only a few words before pausing for a breath. (CDC)

Stop and contact your student's doctor if you see: fainting during or just after exercise, chest pain, dizziness, a seizure-like episode with exercise, unusual shortness of breath or tiredness, a racing heart (Children's Hospital of Philadelphia).
If your student faints or has chest pain during activity, get medical help right away. In an emergency, call 911.

Sources: Centers for Disease Control and Prevention (CDC), What counts for children and teens (2024), https://www.cdc.gov/physical-activity-basics/adding-children-adolescents/what-counts.html
Children's Hospital of Philadelphia, Know the warning signs: how you can prevent sudden cardiac death (n.d.), https://www.chop.edu/news/health-tip/know-warning-signs-how-you-can-prevent-sudden-cardiac-death

Cut along the dashed line and keep the card with the PE things.

Please read: Move Every Day is general education, not medical advice. Check with your student's doctor before starting a new activity program if your student has a heart, lung or other health condition, an injury, or a disability that affects movement. Stop and get medical help if your student faints, has chest pain, severe shortness of breath or dizziness during activity. In an emergency, call 911.