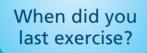
AQUA HEALTH CHECK

Before participating in any aquatic activity, Royal Life Saving recommends you check in with yourself

and your GP.



Are you feeling well enough to exercise?

Do you have any mobility issues that could restrict you exercising?

ROYAL LIFE SAVING



Are you on any medication that could impact how you exercise?

If any of these questions raise further questions, check in with your GP.

Whether you are returning to exercise, starting a new type of exercise, or if you have any medical issues, it's always best to consult your GP.



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