

MY VITALITY COACH LTD

CLIENT SAFETY, INCLUSION & EXCLUSION CRITERIA

WHO WE WORK WITH — AND HOW WE KEEP YOU SAFE

At My Vitality Coach Ltd, your safety and success come first.

Our HEART Vitality Programme is designed for adults aged 50 and above who want to take positive steps toward better heart health — continuing progress after rehab, managing risk factors, or preventing future problems.

We follow internationally recognised safety and screening standards to make sure every client is a good fit before starting.

INCLUSION CRITERIA

This programme is suitable for adults who:

- Are **clinically stable** (no new or worsening heart symptoms in the past month)
- Have completed **cardiac rehabilitation** and wish to stay active safely
- Have **stable heart disease**, such as
 - previous heart attack, stent, or bypass surgery
 - well-controlled angina
 - a pacemaker or ICD functioning normally
 - stable heart failure or valve replacement
- Have **risk factors** (e.g. high BP, cholesterol, type 2 diabetes, stress, or inactivity)
- Can walk 10–15 minutes continuously and perform light–moderate activity

Are **motivated to make lifestyle changes** and participate safely without medical supervision.

EXCLUSION CRITERIA

For your protection, please do not begin the programme without medical clearance if you have:

- **Unstable angina** (new/worsening chest pain within last month)
- **Unstable or acute heart failure**
- **Uncontrolled diabetes or hypertension** (BP > 180/100 mmHg)
- **New or uncontrolled arrhythmias** (irregular heart rhythm)
- **Symptomatic hypotension** (fainting or dizziness)
- **Active infection, fever, or illness**
- **Awaiting urgent cardiac tests or treatment** (< 6 months post-event without review)
- **Severe musculoskeletal or respiratory conditions** limiting safe exercise

If any apply, please consult your GP or cardiac team before enrolling.

OUR SCREENING PROCESS

Every client completes a comprehensive online screening and onboarding consultation before starting:

- Health and medical history review
- Medication check (including beta-blockers and heart-rate medication)
- Lifestyle and fitness assessment
- Personalised goal-setting and activity plan

All details are reviewed by a BACPR-qualified exercise professional, with referral or medical liaison if needed.

OUR PROMISE — SAFETY & PROFESSIONAL STANDARDS

Your safety, privacy and results come first.

Every programme at My Vitality Coach Ltd is designed and delivered in line with internationally recognised heart-health and exercise standards, including:

- BACPR – British Association for Cardiovascular Prevention & Rehabilitation
- NICE – National Institute for Health and Care Excellence (UK)
- ACSM – American College of Sports Medicine
- WHO – World Health Organization Physical Activity Guidelines

(Aligned where relevant with European Society of Cardiology recommendations.)

These frameworks ensure that every plan is safe, effective, and evidence-based – wherever in the world you are.

My Vitality Coach Ltd is a UK-registered company led by a BACPR-qualified exercise professional, combining over 25 years of expertise in health, fitness and cardiovascular prevention.

STILL UNSURE IF YOU'RE A GOOD FIT?

Click the link below and we'll help you decide the safest next step for you.

