**“Danske Bank Vilnius Marathon” Health Checklist**

If you participate in “Danske Bank Vilnius Marathon”, you are fully responsible for your actions and health, therefore we ask you to carefully read the following statements:

**1. You are taking any medications at the moment.**

□ Yes □ No

**2. You currently have a course of treatment or you have ever been diagnosed a heart disease (heart attack, angina pectoris, cardiomyopathy, heart valves, cardiac rhythm disturbances, etc.).**

□ Yes □ No

**3. You have ever suddenly lost consciousness.**

□ Yes □ No

**4. One of the family members has died unexpectedly of heart attack or stroke.**

□ Yes □ No

**5. It has been over a year since the last time you checked your health status.**

□ Yes □ No

**6. You have high blood pressure.**

□ Yes □ No

**7. You have high sugar level in blood (diabetes).**

□ Yes □ No

**8. You have high cholesterol (hyperlipidemia).**

□ Yes □ No

**9. You smoke.**

□ Yes □ No

**If any of the statements above apply to your health, please consult your family doctor or a sports doctor about your participation in “Danske Bank Vilnius Marathon”, especially if you plan to run one of the longer distances (21km, 42km). We strongly suggest taking diagnostic tests.**

\* You do not have to submit a health certificate to “Danske Bank Vilnius Marathon” organizers.

\* This health checklist is only designed to make you aware of your state of health and conformity to participate in “Danske Bank Vilnius Marathon”.

\* “Danske Bank Vilnius Marathon” health checklist has been based on the international marathons’ experience and was developed in cooperation with our official medical partner “Kardiolita”.