

ACSM's Initial Risk Stratification Table

Low risk	Asymptomatic men and women who have \leq one CVD risk factor from table 9.1
Moderate risk	Asymptomatic men and women who have \geq two risk factors from table 9.1
High risk	<p>Individuals with</p> <p>known cardiac, peripheral vascular, or cerebrovascular disease; chronic obstructive pulmonary disease, asthma, interstitial lung disease, or cystic fibrosis; or diabetes mellitus (type 1 and 2), thyroid disorders, renal or liver disease, or</p> <p>one or more of the following signs or symptoms:</p> <ul style="list-style-type: none"> -Heart murmur -Unexplained fatigue - Dizziness or fainting - Swelling of the ankles -Fast or irregular heartbeat -Unexplained shortness of breath -Intermittent lameness or pain in calf muscles -Breathing discomfort when not in upright position, or interrupted breathing at night -Pain or discomfort in the jaw, neck, chest, arms, or elsewhere that could be caused by lack of circulation