



PAR-Q

Physical Activity Readiness Questionnaire

Many health benefits are associated with regular exercise. People are starting to become more active everyday. However, some people should consult their physician before increasing the amount of physical activity in their lives.

If you are planning to become more physically active than you are now, start by answering the 7 questions below. If you are under the age of 69, the PAR-Q will tell you if you should check with your doctor before you begin physical activity. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

| | Yes | No |
|--|--------------------------|--------------------------|
| 1. Has your doctor ever said that you have a heart condition and/or that you should only do physical activity recommended by a doctor? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you feel pain in you chest when you do physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you had chest pain when you were not doing physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you ever lose your balance because of dizziness or do you ever lose consciousness? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Is your doctor currently prescribing drugs (for example, water pills) | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you know of any other reason why you should not do physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |

IF YOU ANSWERED YES TO ONE OR MORE QUESTIONS....

Consult with your physician by phone or in person BEFORE you increase your physical activity or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES to.

If you checked YES to any of these questions you will be required to have a physician's clearance form.

