

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

Physical Activity Readiness Questionnaire PAR-Q

Beginning an exercise program is safe for most people. However, some people should check with their doctor before becoming more physically active. If you plan to become more physically active than you are now, start by answering the seven questions below. If you are between the ages of 15 and 69, the PAR-Q will indicate a need to check with your doctor before you begin an exercise program. 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 answering these questions. Please read the questions carefully and answer each one honestly.

YES NO

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you 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 (back, knee, or hip) that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing medication for your blood pressure or heart condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of any other reason why you should not do physical activity? |

YES to one or more questions

Talk with your doctor BEFORE becoming more physically active or BEFORE you have a physical assessment. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to modify your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her instruction.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered no to all PAR-Q questions, you can be reasonably sure that you can:

- Begin an exercise program. Begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in fitness testing - to determine your basic fitness level to plan the best way to guide you toward a healthy lifestyle. It is also highly recommended that you have your blood pressure evaluated. If you're reading is over 140/90, talk with your doctor before you begin an exercise program.

DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better; or
- If you are or may be pregnant - talk to your doctor before you start becoming more active.

Note: If your health changes so that you can answer yes to any of the above questions, consult your fitness or health professional to determine if a change is needed in your physical activity.

No changes permitted. You are encouraged to copy the PAR-Q but only if you use the entire form.

Note: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness test, this section may be used for legal or administrative purposes.

"I have read, and understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Name _____

Signature _____

Signature of Parent _____

Date _____

Witness _____

NOTE: The physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.