

Physical Activity Readiness Questionnaire (PAR-Q)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming more physically active.

If you are planning to become more physically active than you are now, start by answering the questions below. If you are above the age of 15, the PAR-Q will tell you if you should check with your doctor before you start. If you are the age of 55 years and not used to being very active, check with your doctor first.

Please read the questions carefully and answer each one honestly: Tick Yes or No.

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Are you over the age of 55 years and not accustomed to vigorous exercise? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. 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"/> | 3. Do you feel pain in your heart or chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. In the past month, have you had heart or chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Has a doctor ever said your blood pressure was too high? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. 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"/> | 8. Are you currently under medication? If Yes: _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you know of any good reason not mentioned here why you should not engage in an activity program even if you wanted to? |

If you answered "Yes" to any of the above questions, you are highly recommended to consult your doctor before beginning this program. Tell your doctor about the questions which you answered Yes.

If you answered "No" honestly to all the questions, you can be fairly sure that you can become more physically active and take part in a fitness program or training. However, if you are or may be pregnant, consult your doctor before becoming more active. In addition, should your health changes such that you then answer "Yes" to any of the above questions, do tell your fitness professional and ask whether you should change your physical activity plan.

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

Name: **Date:**

Signature: **Witness:**