

## Physical Activity Readiness Questionnaire (PAR-Q)

Regular physical activity is fun and healthy, and more people are starting 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 much more physically active.

Because you are planning to become much more physically active than you are now, start by answering the seven questions below. If you are between the ages 15-69, the Par-Q will tell you if you should check with your physician before you start. If you are over 69 years of age, and you are not used to being very active, please check with your doctor.

1. Has a doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?  
Yes\_\_\_ No\_\_\_
2. Do you feel pain in your chest when doing any physical activity?  
Yes\_\_\_ No\_\_\_
3. In the past month, have you had chest or arm pain when you were not doing physical activity?  
Yes\_\_\_ No\_\_\_
4. Do you lose balance because of dizziness or do you ever lose consciousness?  
Yes\_\_\_ No\_\_\_
5. Do you have a bone or joint problem that could be made worse by change in your physical activity?  
Yes\_\_\_ No\_\_\_
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?  
Yes\_\_\_ No\_\_\_
7. Do you know of any other reason why you should not do physical activity?  
Yes\_\_\_ No\_\_\_

If you answered...

**Yes to one or more questions, we recommend that you:**

Talk with your physician by phone or in person before you start becoming much more physically active or before you have a fitness assessment. Tell your physician about the Par-Q and to 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 restrict 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 advice.
- Find out which programs and exercises are safe and helpful for you.

**No to all questions:**

If you answered NO honestly to all Par-Q questions, you can be reasonably sure that you can take part in a fitness assessment and start becoming much more physically active.

**Please note:** If your health changes so that you then answer YES to any of the above questions, tell your Fitness Specialist and ask whether you should change your physical activity.

Name: \_\_\_\_\_

Date: \_\_\_\_\_