

# PAR-Q & YOU

## Physical Activity Readiness Questionnaire - PAR-Q

Regular physical activity is fun and healthy and increasingly more people are becoming active every day. Being more active is safe for most people, however, some people should check with their physician before increasing their physical activity. Before increasing your physical activity, please answer the questions below.

Read each question carefully and answer each one honestly: check YES or NO.

YES NO

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition and should only be physically active with a doctor's recommendation? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest with physical activity?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month have you had any chest pain while doing physical activity?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Have you ever lost consciousness or do you lose your balance because of dizziness?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have bone or joint issues (i.e. back, knee or hip) that could worsen with activity?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Are you currently prescribed drugs (i.e. water pills) for blood pressure or a heart condition?                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of any other reason why you should not perform physical activity?  |

### If you answered YES to one or more questions:

Talk with your doctor BEFORE you becoming more physically active or BEFORE you have a fitness appraisal. 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 build up gradually. Or, you may need to restrict your activities to those which are safe for you, based on your doctor's recommendation.
- Find out which community programs are safe and helpful for you.

### If you answered NO honestly to all PAR-Q questions, you can be reasonably sure you can:

- Start becoming more physically active. Begin slowly and build up gradually. This is the safest and easiest way.
- Take part in a fitness appraisal to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before becoming more physically active.

### Delay becoming more physically active if:

- You are not feeling well due to a temporary illness such as a cold or fever. Resume when you are feeling better.
- You are or may be pregnant. Consult with your doctor before becoming more active.

If your health changes so that you then answer YES to any of the above questions, consult your doctor before continuing your activity regimen.

**NO changes to the PAR-Q are permitted. If you health changes, please complete a new form.**

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

NAME: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

SIGNATURE: \_\_\_\_\_

**Note:** This physical activity clearance is valid for a maximum of 12 months from the date it is completed and become invalid if your health changes so that you can answer YES to any of the questions.

If this PAR-Q is given to a person prior to participation in a physical activity program or fitness appraisal, it may be used for legal or administrative purposes.