

PAR-Q Physical Activity Readiness Questionnaire:

If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you become more physically active. If you are over 69 years of age, and you are not used to being very active, check with your doctor. Please read the questions carefully and answer each one honestly: **write YES or NO.**

YES NO

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition (ie, water pills)?
7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions:

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES, and your doctor can advise which programs will ensure your own safety and optimal health.

NAME: _____ SIGNATURE: _____

DATE: _____ WITNESS: _____