

PAR-Q & YOU

A Physical Activity Readiness Questionnaire

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

If you are planning to become more physically active than you are now, start by answering the seven questions in the box below. 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 start. 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 you answer these questions.

Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
1. _____	_____	Has your doctor ever said that you have a heart condition <u>and</u> 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 (i.e. water pills) for (your) blood pressure or heart condition?
7. _____	_____	Do you know of <u>any other reason</u> why you should not do physical activity?

YES to one or more questions:

If →→
you
answered
↓
↓

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 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 community programs are safe and helpful to you.

NO to all questions:

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

- Start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way to live actively.

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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 with your doctor before you start becoming more active.

If your health changes so that you can answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

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

Please list any chronic or serious illnesses that may help first aid personnel to provide you with the highest care possible.

I understand that my personal medical information will remain confidential and only be released to necessary medical personnel in the event of an emergency where such information may benefit my care.

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

Name _____ Witness _____

Emergency Contact _____ Emergency Phone _____

Signature _____ Date _____

Signature of Parent or Guardian _____ Date _____