

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q) AND YOU

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 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 regularly active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each honestly:

Yes / No	
<input type="checkbox"/> / <input type="checkbox"/>	1. 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"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/> / <input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/> / <input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/> / <input type="checkbox"/>	5. 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"/>	6. Is your Doctor currently prescribing drugs for blood pressure or heart condition?
<input type="checkbox"/> / <input type="checkbox"/>	7. Do you know of any other reason why you should not do physical activity?

If you answered YES to any questions:

- Talk to your doctor by phone or in person BEFORE you start becoming more physically active or BEFORE you have a fitness assessment. 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 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.

If you answered NO to all questions, you can be reasonably sure that you can:

- Start becoming much more physically active by beginning slowly and building up gradually. This is the safest and easiest way to go.
- Take part in a fitness assessment. This is an excellent way to determine your basic fitness level so that you can plan the best way for you to live actively.

Cautions:

- Delay becoming much more active if you are not feeling well due to temporary illness (cold, fever) until you are feeling better.
- Consult with your physician before increasing your activity level if you think you are or may be pregnant.
- Advise your health professional if your health changes and your “No” answer becomes “Yes” to the above questions.

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

Signature of patient or legal guardian

Date (MM/DD/YEAR)

Print the name of the patient