

# ALL ABOUT FITNESS

## Physical Activity Readiness Questionnaire PAR-Q

**PAR-Q** is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of a **PAR-Q** is a sensible first step to take if you are planning on increasing the amount of physical activity in your life. For most people physical activity should not pose a problem or hazard. **PAR-Q** has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is your best guide in answering these few questions. Please read them carefully and check the correct answer opposite the question.

1. Has your doctor ever said you have heart trouble? **Yes / No**
2. Do you frequently have pains in your heart or chest? **Yes / No**
3. Do you tend to lose consciousness or fall over as a result of dizziness? **Yes / No**
4. Do you have a bone or joint problem that could be or has been aggravated by exercise? **Yes / No**
5. Has your doctor ever recommended medication for your blood pressure or a heart condition? **Yes / No**
6. Are you aware, through your own experience or a doctor's advice, of any other physical reason against your exercising without medical supervision? **Yes / No**
7. Are you over the age of 65 and not accustomed to vigorous exercise? **Yes / No**

**If you answered YES to one or more of the above questions, please answer the following questions:**

8. Have you consulted with your physician regarding increasing your physical activity and/or performing a fitness assessment? \_\_\_\_\_ **initials**    **Yes / No**
9. If you answered no to question 8, will you consult your physician prior to increasing your physical activity and/or performing a fitness assessment? \_\_\_\_\_ **initials**    **Yes / No**

**Name** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_