



## PAR-Q

### Physical Activity Readiness Questionnaire

For most people physical activity should not pose any 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.

Yes	No		Yes	No	
<input type="radio"/>	<input type="radio"/>	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="radio"/>	<input type="radio"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="radio"/>	<input type="radio"/>	2. Do you feel pain in your chest when you do physical activity?	<input type="radio"/>	<input type="radio"/>	5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
<input type="radio"/>	<input type="radio"/>	3. In the past month, have you had chest pain when you were not doing physical activity?	<input type="radio"/>	<input type="radio"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

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 with 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 that 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 programs are safe and helpful for you.

If you answered NO honestly to all PAR-Q questions, you can 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 for you to live actively.

**DELAY BECOMING MUCH MORE ACTIVE:**

If you are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or

If you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult you doctor prior to physical activity. You are encouraged to copy the PAR-Q but only if you use the entire form.

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.

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

PRINT CLIENT NAME

PRINT PARENT/GUARDIAN NAME (IF MINOR)

SIGNATURE OF CLIENT/PARENT, WITNESS OR GUARDIAN

DATE