

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

Name: _____
Age: _____ Sex: _____
Address: _____
Telephone: _____



This PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of the PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people physical activity should not pose a problem or hazard. The PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate or those who should take medical advice concerning the type of activity most suitable for them. Common sense is your best guide concerning the type of activity most suitable for you. Common sense is your best guide for answering these few questions. Please read them carefully and circle the YES / NO opposite the question as it applies to you.

1	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	YES	NO
2	Do you feel pain in your chest when you do physical activity?	YES	NO
3	In the past month, have you had chest pain when you were not doing physical activity?	YES	NO
4	Do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
5	Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?	YES	NO
6	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	YES	NO
7	Do you know of any other reason why you should not do physical activity?	YES	NO

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity programme 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."

Name: _____

Signature: _____ Date: _____

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 to.

* you may be able to do any activity you want - as long as you start slowly and build up gradually

* 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:

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming much more physical active - begin slowly and build up gradually.