

LION FITNESS - PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)



Name:

Address &

Postcode:

Mobile No:

D.O.B:

Email:

Gender:

The completion of this PAR-Q form 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.

Please read carefully the questions below and answer them by circling either the YES or NO box opposite the question as it applies to you. **Please remember that it is your responsibility to inform Lion Fitness of any changes in your health that would result in a change to any of the answers given below.**

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

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 their advice.

If you answered NO to all questions:

If you answered NO to all PAR-Q questions, you can be reasonably sure that you can start becoming more physically active.

I hereby confirm that I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction and I acknowledge that the advice received from Lion Fitness is not a substitute for my doctors advice.

Signature: _____

Date: _____

MARKETING PERMISSIONS

Lion Fitness will use the contact information provided on this form to be in touch with you and to provide updates, promotions, news and special offers. By signing below you agree to allow Lion Fitness to contact you via any of the following methods of communication: email, SMS push notifications, Direct Mail and/or customised online advertising.

You can change your mind at any time by clicking the unsubscribe link in the footer of any email you receive, or by contacting us at mark@lionfitness.co.uk. We will treat your information with respect. For more information about our privacy practices please visit our website.

Signature: _____

Date: _____

visit www.LIONFITNESS.co.uk for more information