

Physical Activity Readiness Questionnaire and You

Print Name: _____ Date of Birth: ____/____/____

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 or primary healthcare provider 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 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 very active, check with your doctor.

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

Yes	or	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 recommend 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 example, water pills) for your 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?

YES to one or more questions, please read the following and initial in box

**IF
YOU
ANSWERED**

Talk to 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.

- ▶▶ You may be able to do any physical activity you want - as long as you start slowly and build 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 what community programs are safe and helpful for you.

Initial's (if YES to any question) _____

NO to all questions, please read the following

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- ▶▶ Start becoming much more 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 fever - wait until you feel better; or
- If you are or may be pregnant - talk to your doctor before you start becoming more active.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction. If I answered YES to any question, I feel comfortable utilizing my membership.

Signature: _____ Date: _____/04

Staff Initials: _____

Please note: If your health changes so that you 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 University of Maryland, the UAC, and their agents assume no liability for persons who undertake physical activity. If in doubt after completing this questionnaire, consult your doctor prior to physical activity.