

## **PAR-Q Physical Activity Readiness Questionnaire**

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 before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the form below. If you are between the ages of 35 and 60, a check with your doctor is reasonable before you start. If you are over 60 years of age you should check with your doctor anyway.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you feel pain in your chest when you do physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- 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?
- Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- Do you know of any other reason why you should not do physical activity?

### **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 this questionnaire and which questions you answered YES