

PAR-Q: The Physical Activity Readiness Questionnaire

Regular physical activity is fun and healthy and increasingly more people are starting to become active every day. However; some people should check with their Doctor before becoming much more physically active.

If you are between the ages of 15 and 69 answering this questionnaire should help establish whether or not you should check with your Doctor.

Please read the questions carefully before answering honestly YES or NO.

1. Have you ever been told that you have a heart condition or you should only do medically approved exercise? (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 a joint problem 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 a heart condition? **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:

- a. Talk with your Doctor either by phone or in person before you start becoming more physically active. Discuss which questions in this PAR-Q you answered YES to.
- b. Talk with your Doctor about the kinds of activities you would like to take part in. It might for example, be appropriate to build up gradually, or occasionally it may be advisable to avoid some types of activity that may be unsafe with certain medical conditions.
- c. Follow the advice of the Doctor.

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

- a. Start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- b. 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. It is also highly recommended that you have your blood pressure checked. If your reading is over 144/94, talk with your Doctor before you start becoming more physically active.

DELAY becoming more active: Only IF you are feeling unwell due to a temporary illness such as a Cold or fever -wait until you feel better.

IF you think you are Pregnant talk to your Doctor before becoming more active.

INFORMED USE of the PAR-Q

Wellness Inspired Personal Training and Nutritional Advice Ltd assume no liability for individuals who undertake physical activity, and if in doubt after completing this questionnaire, consult your Doctor prior to taking part in Physical Activity.

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

Finally if any changes to my health occur so the answers to the questions above change to YES I will inform my Fitness instructor.

Note on GDPR: Your data will be stored in compliance with GDPR and specifically the handling of Sensitive data.

NAME:

DOB:

E-MAIL ADDRESS:

SIGNATURE:

DATE:

SIGNATURE of PARENT OR GUARDIAN (if under 18):

DATE: