

Physical Activity Readiness Questionnaire

PAR-Q

Name: _____ Date _____

For most people physical activity should not pose any problems or hazards. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Please read each question carefully and check yes or no opposite the question as it applies to you. Completing this quiz will give you an idea if you should consult your doctor before starting an exercise programme. Your doctor can advise you (and if necessary your trainer) as to appropriate types of exercise and intensity that are best for you.

Yes No

1. ____ ____ Has your doctor ever said you have heart trouble?
2. ____ ____ Do you frequently have pains in your heart and chest?
3. ____ ____ Do you often feel faint or have spells of severe dizziness?
4. ____ ____ Has a doctor ever said your blood pressure was too high?
5. ____ ____ Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
6. ____ ____ Is there a good physical reason not mentioned here why you should not follow an activity programme even if you wanted to?
7. ____ ____ Are you over age 65 and not accustomed to vigorous exercise?
8. ____ ____ Are you pregnant?

If you answered YES to one or more questions....

If you have not recently done so, consult with your personal physician/doctor by telephone or in person before increasing your physical activity and/or taking a fitness test.

If you answered NO to all questions....

If you answered the PAR-Q accurately, you have reasonable assurance of your present suitability to begin an exercise programme. You should

- begin slowly at low to moderate intensities and gradually build up.
- have a fitness appraisal

Note:

1. You should delay embarking on an exercise programme if you are suffering from a temporary illness, such as a cold.
2. If your health changes and your response to any of the above questions becomes 'yes' – you should consult your doctor before continuing/embarking on an exercise programme.

Signature _____