

PAR-Q and YOU

The Physical Activity Readiness Questionnaire

For most people physical activity should not pose any problem or hazard. 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. Common sense is your best guide in answering these few questions. Please read them carefully and check yes or no opposite each question.

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

You need to get written medical clearance from your physician before we can accept you as a client.

If you answer NO to all questions...

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for exercise.

YES	NO	Question
1. <input type="checkbox"/>	<input type="checkbox"/>	Has your doctor ever said you have heart trouble?
2. <input type="checkbox"/>	<input type="checkbox"/>	Do you frequently have pains in your heart and chest?
3. <input type="checkbox"/>	<input type="checkbox"/>	Do you often feel faint or have spells of severe dizziness?
4. <input type="checkbox"/>	<input type="checkbox"/>	Has a doctor ever said your blood pressure was too high?
5. <input type="checkbox"/>	<input type="checkbox"/>	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. <input type="checkbox"/>	<input type="checkbox"/>	Is there a good physical reason, not mentioned here, why you should not follow an activity program, even if you wanted to?
7. <input type="checkbox"/>	<input type="checkbox"/>	Are you over age 65 AND not accustomed to vigorous exercise?

Full Name (*please print*)

Date

Signature