

Physical Activity Readiness Questionnaire (PAR-Q)

Name _____

Membership # _____

Date _____

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 questions below. This screening form is provided to inform you of the potential risk of injury that exists when initiating a physical activity program. This risk increases with the greater number of items checked. If you are between the ages of 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 before becoming much more physically active.

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

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Has your doctor ever said that you have a heart condition <i>and</i> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel pain or discomfort in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	In the past 6 months, have you experienced rapid throbbing or fluttering of the heart while at rest?
<input type="checkbox"/>	<input type="checkbox"/>	Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	In the past 6 months, have you experienced shortness of breath with mild activity (e.g. walking up stairs)?
<input type="checkbox"/>	<input type="checkbox"/>	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"/>	Is your doctor currently prescribing medication for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	Do you experience swelling in your ankles that is unrelated to a previous injury?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have diabetes?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma, emphysema, or bronchitis?
<input type="checkbox"/>	<input type="checkbox"/>	Are you, or might you be pregnant?
<input type="checkbox"/>	<input type="checkbox"/>	Do you know of <i>any other reason</i> why you should not do physical activity?

YES to one or more questions

If You Answered...

The information you checked in the above list indicates that engaging in an exercise program places you at higher risk for injury. It is strongly recommended that you talk to your doctor **BEFORE** 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 activity you want – as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which 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 which activities are safe and helpful for you.

NO all questions



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

- Start becoming much more physically 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

Please note: If your health changes so that you then answer YES to any of the questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

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

Member Signature _____

Date _____

Parent or Guardian _____
(If member is under 18 years of age)

Front Desk Staff Signature _____

Date _____