

## Physical Activity Readiness Questionnaire (PAR-Q)

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

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

If you answered YES to one or more questions, talk to 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 the PAR-Q and the questions to which you answered YES.

If you answered NO 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*.

I have read the above information or had it explained to me and understand that I am completely liable for any injury as well as my personal well-being while participating in this class.

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Signature

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Date