

Physical Activity Readiness Questionnaire (PAR-Q)

Regular physical activity is both fun and very healthy.

More & more people are starting something and becoming healthier everyday and that is something to be applauded.

However it is incredibly important to make sure that you check with your doctor before starting any kind of physical activity.

If you are planning on becoming fitter & healthier (we

applaud you for taking the first step), you should first consider how fit you are to begin with.

This PAR-Q is designed for people between the ages of 15 - 69 and is designed to let you know if you should see a doctor before you start.

Use common sense and answer honestly each question...it's your health at the end of the day!

Yes No

Has your doctor ever said that you have a heart condition AND that you should only do physical activity recommended by a doctor?

Do you feel pain in your chest when you do physical activity?

In the past month, have you had chest pain when you were NOT doing physical activity?

Do you lose your balance because of dizziness or do you ever lose consciousness?

Yes No

Do you have a bone or joint problem that could be made worse by a marked change in your physical activity?

Is your doctor currently prescribing you drugs for your blood pressure or heart condition?

Do you know of any other reason why you should not be doing physical activity?

If you answered **YES** to 1 or more questions:

Talk with your doctor by phone or in person BEFORE you start becoming more physically active or BEFORE you have a fitness appraisal.

Tell your doctor about your PAR-Q and notify them about the questions you answered YES to

If you answered **NO** to all questions:

If you answered NO to ALL of these questions, you should be reasonably sure that you can:

1. Start becoming much more physically active, just take it easy, begin slowly and build up
2. Take part in a fitness appraisal in order to determine what level you're on to begin an exercise routine. You could also consider getting a blood pressure test to make sure you don't have any underlying issues - if your reading is over 144/94 you should speak with your doctor before progressing.

DELAY ANY ACTIVE ROUTINES IF:

1. You are not feeling well as a result of a temporary fever like a cold or the flu
2. You are or may be pregnant - it is very important to speak with your doctor or midwife about specific exercises that will be better suited to your circumstance