

Physical Activity Readiness Questionnaire (PAR-Q)

Please complete this evaluation before starting the program.

For most people, physical activity should not cause any problems or put them at risk. The following PAR-Q questionnaire will help to identify whether physical activity might be inappropriate for you, or if you should seek medical advice to find the type of activity most suitable for you.

Please use common sense when answering the questions. Read them carefully and check "Yes" or "No" if the question applies to you.

1. Has your doctor ever said you have heart trouble? Yes No
2. Do you frequently have pains in your heart and chest? Yes No
3. Do you often feel faint or have spells of severe dizziness? Yes No
4. Has a doctor ever said your blood pressure was too high? Yes No
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? Yes No
6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to? Yes No
7. Are you over age 65 and not accustomed to vigorous exercise? Yes No



If you answered "YES" to one or more questions:

If you have not recently done so, talk with your health care provider by phone or in person before increasing your physical activity and/or taking a fitness test.

If you answered "NO" to all questions:

If you answered all questions truthfully, you have reasonable assurance that you are physically ready to increase your physical activity.