



# PAR-Q Form

## Pre-Activity Readiness Questionnaire

Regular physical activity is fun and healthy. 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 fifteen questions below. If you are between the ages of 15 and 69, the PARQ 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, consult your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly, on your own, by ticking YES or NO.

		Yes	No
1	Has your doctor ever said that you have a heart condition and that you should only do activity recommended by a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you feel pain in your chest when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3	In the past month, have you had chest pain when you were not doing physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
6	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
7	Are you, or is there any possibility that you might be pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
8	Have you ever suffered from unusual shortness of breath at rest or with mild exertion?	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
10	Do you have diabetes or any other metabolic disease?	<input type="checkbox"/>	<input type="checkbox"/>
11	Has your doctor ever said that you have raised cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>
12	Is there any history of coronary heart disease in your family?	<input type="checkbox"/>	<input type="checkbox"/>
13	Do you currently drink more than the average amount of alcohol per week (21 units for men and 14 units for women)?	<input type="checkbox"/>	<input type="checkbox"/>
14	Do you currently smoke?	<input type="checkbox"/>	<input type="checkbox"/>
15	Do you know of any other reason why you should not do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered YES to one or more questions then you must talk to your doctor by telephone or in person and receive clearance before increasing your physical activity and/or taking a fitness appraisal. Tell your doctor about the PARQ and to 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.

If you answered NO to ALL questions, you can be reasonably sure that you can start becoming more physically active. Begin slowly and build up gradually. If your health changes so that you would then answer YES to any of the previous questions, tell your personal trainer.