



PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q) AND YOU

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 seven questions in the box below. 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.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

Yes	No	Blood Pressure Evaluation	Diastolic _____	Systolic _____	Date _____
<input type="checkbox"/>	<input type="checkbox"/>	1.	Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical 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 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.	Do you know of <u>any other reason</u> why you should not do physical activity?		

<p>If You Answered:</p>	<p>YES to one or more questions</p>
	<p>Talk to your doctor BEFORE you start 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. Obtain a medical clearance prior to engaging in physical activities.</p> <ul style="list-style-type: none"> 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.
	<p>NO to all questions</p>
	<p>If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:</p> <ul style="list-style-type: none"> 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; or
- If you are or may be pregnant-talk to your doctor before you start becoming more active.

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

Assumption of Risk: I hereby state that I have read, understood and answered honestly the questions above. I also understand as a minimum requirement prior to being allowed to use the fitness center that I must agree to allow either the Langley Research Center, Fitness Center or Health Clinic staff to take my blood pressure in accordance with Langley Policy Directive 1800.2 and that if I answer yes to any of the question above I will be required to provide a medical clearance from my physician or the LaRC Health Clinic. I also state that I wish to participate in activities which may include aerobic exercise, resistance exercise and stretching. I realize that my participation in these activities involve the risk of injury and even the possibility of death. I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.

Client's Name _____

Trainer's Name _____

Client's Signature and Date _____

Trainer's Signature and Date _____

PRIVACY ACT STATEMENT

AUTHORITY: PL 101-89 Sec. 1507; EO 9397
PRINCIPAL PURPOSE(S): To collect physical health information for participation in the Langley Fitness and Wellness Programs & Services. Information compiled from applications is also used to assist management determination of effectiveness of present and projection of future program requirements.

ROUTINE USE(S): None.
DISCLOSURE: Voluntary; however, failure to furnish requested information will result in an incomplete Par-Q and possible loss of privileges to participate as a member of the Fitness Center and it programs.