PAR-Q and YOU

(A Questionnaire for People Aged 15 to 69)

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 to 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. Check YES or NO.

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 are not doing physical activity? Do you lose your balance because of dizziness or do you ever lose Consciousness? 	
		5. Do you have a bone or joint problem (for example, back, neck, knee, or hip) that could be made worse by a change in your physical activity?	
		6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	
		7. Do you know <u>any other reason</u> wh	y you should not do physical activity?
if		YES to one or more questions	
you	ı wered	 appraisal. Tell your doctor about the PAR-Q and whice You may be able to do any activity you wanterestrict your activities to those which are safe ticipate in and follow his/her advice. 	—as long as you start slowly and build up gradually. Or, you may need to for you. Talk with your doctor about the kinds of activities you wish to par-
NO	to all au	estions	DELAY BECOMING MUCH MORE ACTIVE:
 NO to all questions If you answered NO honestly 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. 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. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active. 			 If you are not feeling well because of a temporary illness such as a cold or a fever – wait unit 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 you fitness or health professional. Ask weather you should change your physical activity plan.
		<u>PAR-Q:</u> The Canadian Society for Exercise Physiology, Healt ubt after completion of this questionnaire, consult your documents.	th Canada, and their agents assume no liability for persons who undertake physical ctor prior to physical activity.
	If the PAR-Q inistrative pu		a physical activity program or a fitness appraisal, this section may be used for legal
	"I have i	read, understood and completed this questionnai	re. Any questions I had were answered to my full satisfaction."

NOTE: This physical activity clearance is valid for a maximum of 12 months form the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

SIGNATURE: ______SIGNATURE OF PARENT: _

or GUARDIAN (for participants under the age of majority)

DATE: _____

WITNESS:_____