

PAR-Q & YOU

(A questionnaire for people aged 15 to 69)

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

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.

TAKE THE PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
Yes _____ No _____
2. Do you feel pain in your chest when you do physical activity?
Yes _____ No _____
3. In the past month, have you had chest pain when you were not doing physical activity?
Yes _____ No _____
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
Yes _____ No _____
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
Yes _____ No _____
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
Yes _____ No _____
7. Do you know of any other reason why you should not do physical activity?
Yes _____ No _____

IF YOU ANSWERED YES TO ONE OR MORE QUESTIONS

Talk with your doctor by phone or in person 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.

- 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.
- Find out which community programs are safe and helpful for you.

IF YOU ANSWERED NO HONESTLY TO ALL 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.

** Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult with your doctor prior to physical activity.

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(Print Name/Signature)

(Date)

(Witness Signature)

(Date)